INGREDIENTS FOR THE GOOD LIFE

EatingWell®

MARCH 2021

26 Ways to Be a Better Cook

Essential Advice, Techniques, Tools & Recipes

A New Way to Tackle Food Waste

20-MINUTE DINNERS

Is Healthy Food Only for the Wealthy?

OUCH.

Is your cell phone bill just as out of control? Then this is your wake-up call.

TRACFONE WIRELESS GIVES YOU COMPLETE CONTROL WITH UNLIMITED CARRYOVER® DATA.*

AMERICA'S LARGEST AND MOST DEPENDABLE NETWORKS

UNLIMITED
TALK & TEXT
+CARRYOVER DATA
$20/mo

Only Tracfone Wireless gives you **Unlimited Carryover® Data.** With us, you pay for just what you need and keep the data you don't use. Plans start at $20 a month. Learn more at tracfone.com

Tracfone®
NOW YOU'RE IN CONTROL

*Unused data will not expire if service is active and in use with the Unlimited Talk & Text Smartphone Plan. A month equals 30 days.

DEPARTMENTS

4 Recipe Index

8 Editor's Letter

10 Chatter

13 Good Life
Did you know that grip strength is an indicator of overall health? Find out what the research says, and how to improve yours (and finally beat that pickle jar!) on page 16. Plus, myths and truths about salt *(p.26)* and the ingenious way one company is saving ugly produce and fighting food waste *(p.24)*.

32 Food with Purpose
Meet a trio from Durham, North Carolina, who mobilized hundreds to support local Black farmers during COVID-19.

35 Dinner Tonight
We've got multiple spins on cabbage (bacon! horseradish cream!), a stout-laced Beef & Mushroom Stew *(p.40)* and lots of chicken dishes—because we know you, dear reader—including Spinach & Artichoke Smothered Chicken *(p.52)*.

63 Good Food Fast
That Chex Mix snack you love just got 1,000 times better, thanks to our new flavor combos *(p.64)*. And if you're curious about all the dairy-free yogurt options at the market now, turn to page 66 to find out which won out in our taste test.

71 Well Seasoned
Our Test Kitchen team shares the tools you need to up your cooking game *(p.72)*. Plus why ingredients matter when baking a special flourless chocolate cake *(p.74)*.

Find out which ingredients *make* this cake on page 74.

CARSON DOWNING; STYLING: KELSEY MOYLAN

FEATURES

COVER PHOTO & THIS PAGE:
TED & CHELSEA CAVANAUGH
STYLING: NORA SINGLEY;
ARTICHOKES FROM BALDOR
CARROTS IN THE ISSUE:
PAGES 36, 40, e7, e8, e10, e11, e19

FLIP THE MAG!

THE ESSENTIALS ISSUE

e is for *the Essentials issue* and our special flipped 23-page section (numbered e2-e24 and starting at the back): **26 Ways to Be a Better Cook.** This list of techniques, advice and recipes will not teach you *everything* you need to know about healthy cooking. But it does have a payoff: more delicious meals with a lot less effort.

76
The Real Cost of Healthy Food
Today, more Americans than ever—50 million people—are experiencing hunger. And a lack of nutritious food goes way beyond grumbling bellies, increasing the risk of multiple health conditions and disproportionately affecting people of color. *EatingWell* examines the barriers to getting food—*healthy* food—and what is being done to help. **By Jane Black**

A fit so discreet,

you'd never know

they're for bladder leaks.

always discreet Boutique

NOTE: e = Essentials (Flip the issue!)		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
e5	Breakfast Salad with Smoked Salmon & Poached Eggs	439	18	0	15	6	475	929		31	44	226	23	102	■	■		■		■
e6	Pineapple Green Smoothie	151	35	0	4	5	91	310			23	166		143	■	■			■	■
Snacks																				
64	Buffalo Snack Mix	88	8	0	1	0	112	32							■			■		■
64	California Cooler Ranch Snack Mix	152	13	0	4	2	152	147							■			■		■
64	Childhood Redux Snack Mix	72	6	0	1	1	349	25							■			■		■
64	The College Snack Mix	74	8	0	1	1	98	23							■			■		■
64	Old School Lunch Snack Mix	91	9	4	1	1	63	32							■			■		■
64	Super Nacho Snack Mix	75	6	0	0	0	110	29							■			■		■
Side Dishes																				
36	Chipotle Coleslaw	66	6	1	2	2	249	58							■	■	■	■		■
e14	Crispy Oven Fries	197	31	0	4	2	228	710								■			■	■
36	Roasted Cabbage with Horseradish Cream	103	8	0	2	3	354	245						47	■	■		■		■
e7	Vegetables, how to roast *(nutrition info: eatingwell.com)*																			
e8	Vegetables, how to steam *(nutrition info: eatingwell.com)*																			
36	Warm Cabbage Salad with Bacon	94	8	0.5	3	2	207	236				77		20	■	■	■	■		
Vegetarian & Vegan																				
e11	Clean-Out-the-Fridge Vegetable Soup	211	26	0	4	6	513	708				253		70		■		■	■	■
58	Coconut Curried Chickpeas	303	24	0	7	5	480	435							■	■		■	■	■
51	Crispy Smoked Tofu & Coleslaw Wraps	488	46	0	15	4	844	110				31		35	■			■		■
48	Gnocchi with Pea Pesto & Burrata	574	52	0	19	2	705	122				45		35	■					■
e22	Honey-Balsamic Roasted Tofu	93	4	1	8	1	269	7								■	■	■		■
e22	Watercress Salad with Honey-Balsamic Tofu, Mango & Avocado	308	14	2	11	4	480	477				62		72	■	■		■		■
e12	Wheat Berry, Chickpea & Feta Salad	456	67	1	14	13	379	414												■
e20	Yellow Split Pea Sambar with Turnip, Eggplant & Okra	190	25	0	6	8	433	406								■		■		■
Chicken																				
e15	Chicken Piccata	264	7	0	24	0	382	330							■			■		
e18	Garlic-Thyme Roasted Chickens	209	0	0	28	0	324	245								■		■		
50	Honey-Lime Chicken Tenders with Rhubarb Salsa	335	26	9	27	3	421	704				23		65	■	■		■		
44	Roasted Chicken Thighs with Pear-Mustard Sauce	348	20	3	28	3	443	436							■	■		■		
57	Smoky Pinto Bean & Kale Stew with Chicken	237	24	0	24	7	749	669				41		30		■		■		
52	Spinach & Artichoke Smothered Chicken	366	6	0	33	3	449	656	21			117		29	■	■				
Fish & Seafood																				
53	Jerk-Spiced Salmon & Quinoa Bowl with Mango Vinaigrette	598	58	0	33	9	691	1,342		35	23	203	51	80		■				
e21	Spaghetti with Anchovies & Breadcrumbs	329	46	0	10	6	467	264										■		
e17	Stir-Fried Shrimp & Sugar Snap Peas	185	7	0	22	2	541	321							■	■		■		
38	Wild Rice Risotto with Shrimp & Spring Vegetables	385	35	0	34	4	652	598	23	23				22	■	■		■		
Beef & Pork																				
40	Beef & Mushroom Stew with Mashed Potatoes	571	53	0	32	5	627	1,398			24	72	46	21				■		
42	Chickpea & Beef Burgers with Whipped Feta	492	47	0	33	10	783	1,116	22	30	28	34	96		■			■		
46	Pork & Green Bean Stir-Fry	387	29	11	27	3	473	686						22	■	■		■		
45	Roasted Pork & Potatoes with Fig Sauce	483	52	2	30	7	543	677				22		58		■		■		
60	Sweet & Spicy Soy-Braised Short Ribs	211	5	2	19	0	249	212								■		■		
Salad Dressings, Sauces & Stock																				
e19	Easy Chicken Stock *(per cup)*	0	0	0	0	0	173	2								■	■	■		
e8	Lemon-Basil Aioli *(per Tbsp.)*	55	0	0	0	0	120	9								■				■
e10	Lemon-Garlic Vinaigrette *(per 2 Tbsp.)*	130	0	0	0	0	191	8							■	■			■	■
Baked Goods & Desserts																				
e24	Almond Butter Chocolate Chip Cookies	137	12	8	4	2	108	135							■	■				■
74	Flourless Almond Chocolate Cake with Orange	309	19	12	7	4	139	28								■				■
e23	Homemade Chocolate Pudding	237	35	20	4	1	123	168								■				■
e23	Homemade Vanilla Pudding	194	30	20	4	0	123	168								■		■		■
e13	Irish Soda Bread	208	37	3	6	3	309	163			22									■

How We Analyze Recipes
All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

EatingWell

INGREDIENTS FOR THE GOOD LIFE

JESSIE PRICE
Editor-in-Chief

FOOD & TEST KITCHEN
CAROLYN MALCOUN *Food Editor*
DEVON O'BRIEN *Senior Food Editor*
BREANA KILLEEN, M.P.H., RD *Test Kitchen Manager*
ADAM DOLGE *Lead Recipe Developer*
PATSY JAMIESON *Recipe Editor*

NUTRITION & WELLNESS
SHAUN DREISBACH *Nutrition & Features Editor*
LUCY M. CLARK *Associate Editor*
MICAELA YOUNG, M.S. *Associate Nutrition & Lifestyle Editor*

ART & PRODUCTION
JAMES VAN FLETEREN *Creative Director*
WENDY S. RUOPP, M.S. *Managing Editor*
MARIA EMMIGHAUSEN *Photo Director*
CAREY BASS *Senior Designer*
ANNE TREADWELL *Research Editor*
RACHEL STEARNS *Editorial Assistant*
KENT POLLPETER *Production Director*
ADAM PEUSE *Senior Production Manager*
JOSEPH KOHLER *Quality Director*

EATINGWELL.COM
MICHELLE EDELBAUM *Director, Content Strategy, Food*
PENELOPE WALL *Digital Content Director*
LISA VALENTE, M.S., RD *Senior Digital Editor, Nutrition*
VICTORIA SEAVER, M.S., RD *Senior Digital Editor, Meal Plans*
MEGAN STEINTRAGER *Senior Digital Editor, Food*
JAIME MILAN *Digital Editor, News & Lifestyle*
SOPHIE JOHNSON *Social Editor*
JESSICA BALL, M.S., RD *Assistant Editor, Nutrition*
ALEXANDRA LOH *Digital Fellow*
ALYSIA BEBEL *Social Media Assistant*
JIM SHEETZ *Digital Production Director*
BETH STEWART *Digital Producer*

CONTRIBUTORS
Bruce Aidells, Betsy Andrews, Jane Black, Barry Estabrook, Rachael Moeller Gorman, Paul Greenberg, Joyce Hendley, Rowan Jacobsen, Katie Webster

NUTRITION & HEALTH ADVISORY BOARD
PHILIP A. ADES, M.D.
Endowed Professor of Cardiovascular Prevention, Division of Cardiology, University of Vermont Larner College of Medicine
DAVID L. KATZ, M.D., M.P.H., FACPM, FACP
President, True Health Initiative
CEO, Diet ID
ALICE H. LICHTENSTEIN, D.SC.
Gershoff Professor, Friedman School of Nutrition Science and Policy, Tufts University
RICHARD MATTES, PH.D., M.P.H., RD
Distinguished Professor of Nutrition Science, Purdue University
MIRIAM E. NELSON, PH.D.
Professor Emerita, Friedman School of Nutrition Science and Policy, Tufts University
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor Emerita of Nutrition, Food Studies and Public Health, New York University

EDITORIAL, DIGITAL & LICENSING OFFICES
120 GRAHAM WAY, STE 100, SHELBURNE, VT 05482

MARK JOSEPHSON
Senior Vice President, Group Publisher

TIFFANY EHASZ
Publisher

ADVERTISING
225 Liberty Street, New York, NY 10281, 212-455-1409
LISA ISOLDI *New York Account Director*
KELSEY REYNOLDS *New York Account Manager*
CAROLYN ROSE *New York Account Director*
MEGAN HAVERON *Midwest Account Director*
JENNY ROLSTON *Midwest Account Manager*
CHERYL SPEISER *West Coast Account Director*
KAREN BARNHART *Detroit Director, Corporate Sales*
TYLER HUB *Sales Director, Direct Media*
HANNAH KADYROV *Sales Assistant (New York)*
KIM SCHWARTZ *Sales Assistant (West Coast)*
KIM KITCHEN *Sales Assistant (Detroit)*

MARKETING
LAUREN FONTANA *Marketing Director*
ALYSSA DAINACK *Group Design Director*
HARLEY GATES *Group Associate Marketing Manager*
TARA SECILMIS *Group Promotion Coordinator*

CIRCULATION
LAURA KROGH *Consumer Marketing Manager*

MEREDITH NATIONAL MEDIA GROUP
CATHERINE LEVENE *President*
DOUG OLSON *President, Meredith Magazines*
TOM WITSCHI *President, Consumer Products*
ALYSIA BORSA *Meredith Digital*

EXECUTIVE VICE PRESIDENTS
MICHAEL BROWNSTEIN *Chief Revenue Officer*
MARLA NEWMAN *Digital Sales*
MICHAEL RIGGS *Finance*
NANCY WEBER *Marketing & Integrated Communications*

SENIOR VICE PRESIDENTS
ANDY WILSON *Consumer Revenue*
BRIAN KIGHTLINGER *Corporate Sales*
BRITTA CLEVELAND *Research Solutions*
CHUCK HOWELL *Strategic Sourcing, Newsstand, Production*
MATT PETERSEN *Foundry 360*
JUSTIN LAW *Product & Technology*

VICE PRESIDENTS
CHRIS SUSIL *Finance*
ROB SILVERSTONE *Business Planning & Analysis*
STEVE CROWE *Consumer Marketing*
TOYE CODY *and* **SONDRA NEWKIRK** *Brand Licensing*
JILL DAVISON *Corporate Communications*
AMANDA DAMERON *Chief Digital Content Officer*
GEORGE BAER III *Managing Director, Foundry 360*
STEPHEN ORR *Vice President, Group Editorial Director*
GREG KAYKO *Director, Editorial Operations & Finance*

EATINGWELL MEDIA
JANICE CROAT *Business Director*
RENEE SCOTT *Senior Business Manager*
LESLIE ROHR *Advertising Business Manager*
TERRY LYSOGORSKI *Vermont Office Manager*

PR REQUESTS: *Elizabeth.Marsh@meredith.com*

For content licensing, content syndication or international syndication requests, or reprint and reuse permission, email: *syndication@meredith.com*

SUBSCRIPTION CUSTOMER SERVICE: Visit *eatingwell.com/myaccount* or email us at *etgcustserv@cdsfulfillment.com* or call 800-337-0402 or write to EatingWell, P.O. Box 37508, Boone, IA 50037-0508.

Our subscriber list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

meredith

TOM HARTY *Chairman & Chief Executive Officer*
JASON FRIEROTT *Chief Financial Officer*
JOHN ZIESER *Chief Development Officer*
DAPHNE KWON *Chief Strategy Officer*
PATRICK MCCREERY *President, Meredith Local Media Group*
DINA NATHANSON *Senior Vice President, Human Resources*

MELL MEREDITH FRAZIER *Vice Chairman*

PRINTED IN USA

#SEE HER seeher.com

If your copy of *EatingWell* came in a plastic bag, don't trash it! It can be recycled anywhere No. 4 plastic is accepted. Find a location at *plasticfilmrecycling.org.*

EATINGWELL® (ISSN 1046_1639), March 2021, Volume XX, No. 2, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time.

©Meredith Corporation 2021. All rights reserved. Printed in the U.S.A.

advertisement

WELLNESS ESSENTIALS

Get rewarded for restocking your medicine cabinet!

Try NEW 100% drug-free Robitussin Naturals! Crafted with real ingredients including Ivy Leaf and Honey, plus Elderberry, Vitamin C, or Zinc (depending on formula). Available in liquids and gummies, for adults and kids.

robitussin.com/naturals

Purchase a Robitussin Naturals product and send us your receipt to receive a

FREE $5 AMAZON GIFT CARD.

Please see below for details.

Receive a $5 Amazon.com Gift Card ("GC") when you purchase any of the featured brands between 2/5/21 and 3/4/21. Send in your original receipt with featured brand(s) circled to: EatingWell Magazine, Attn: Promotion Coordinator, 225 Liberty Street, 7th Floor, New York, NY 10281, or email a photo of your original receipt with featured brand(s) circled to ew.promotions@meredith.com. For either mail-in/email redemption, include your name, address & phone number. Must be U.S. resident, 18 +. One (1) GC per household. Offer good while supplies last or until 3/4/21, whichever comes first. Date/time of request determines who receives gift. EatingWell Magazine is not responsible for lost, late, damaged, misdirected, incomplete, incorrect, illegible, or postage due requests/mail/receipts, or for communications malfunctions, errors or failures, unavailable network connections, unauthorized human intervention, incomplete or inaccurate capture of registration information or failed, incomplete, or delayed computer transmissions or other errors of any kind, whether human or electronic. No post office boxes allowed. Allow 6-8 weeks for GC shipping from end of promotion. GCs may be substituted for an item of equal value at the discretion of EatingWell Magazine. Must have/create an Amazon.com account to redeem a GC. The GC may only be used for purchases of eligible goods on Amazon.com or certain of its affiliated websites. To redeem or view a GC balance, visit "Your Account" on Amazon.com. See http://www.amazon.com/gc-legal for complete terms and conditions.

Good Food Is Essential

We recently surveyed *EatingWell* readers and found that 59% of you enjoy cooking. (The survey went out to women—who make up the bulk of our audience. But to all you men: thank you for reading this magazine too!) I'm glad that our readers are nearly twice as likely as the average American woman (only 34%) to give that answer. Yet that still means 41% of those receiving this magazine—a recipe magazine no less—feel a little lukewarm about cooking. How can we up the joy for the rest of you?

I'd like to be optimistic and think of you as the group who doesn't like cooking—*yet*. Maybe you love great food but haven't quite mastered some basic cooking skills. Or are you just plain sick of the kitchen? (Pandemic cooking burnout is real!) Either way, we got you. Flip the magazine over and upside down for our special "essentials" section. Called "26 Ways to Be a Better Cook," I hope it may nudge some of you toward that "enjoy" camp. See, here's my theory: the more culinary know-how you build, the easier it becomes and the more fun it is. The section encompasses tips, techniques and recipes designed to ensure that you end up with the most delicious food that's good for you too. You'll learn why spices are the best secret weapon for healthy food, how to make crispy fries in your oven (no special appliance required) and how to make a perfectly juicy chicken. (Enthusiasts: don't worry, there's plenty for you to sink your chef's knife into as well, from a soup to cut down on food waste to a beyond-simple trick for cooking artichokes.)

Now despite my confidence in the power of increasing kitchen smarts, I do realize there are other reasons cooking may not be a pleasure. The biggest one is financial, and author Jane Black explores it in "The Real Cost of Healthy Food" *(page 76)*. She digs into how poverty and race can limit access to good food, and in turn raise the risk for heart disease, diabetes, obesity and other chronic conditions. This connection is not new news, but she tells the stories behind the stats—stories of Americans struggling to feed their families. And as Taché Figueroa says in the piece, it's not lack of nutrition smarts or cooking know-how that's the hurdle, it's trying to find a way to stretch her monthly budget to afford healthy ingredients. Unfortunately, there's no handy fix (or magazine story) that will solve the problems of poverty and hunger here in one of the richest nations in the world. But it's still a subject that we felt was worth delving into to raise awareness, to spark discussion about creative solutions and because creating a more equitable America, where everyone has access to good, nutritious food, may be most essential of all.

Cheers,

Jessie

Follow me on Instagram @jessieeatswell

OLIVER PARINI

Enjoy up to 40 glasses of filtered ice, daily.*

Always have plenty of ice on hand. Bosch's patented ice system removes over 99.9% of impurities, dispensing pure, freshly filtered ice—fast. In fact, it's the industry's fastest refrigerator ice maker.**

*Based on single ice maker production rates during a 24-hour period, measured per IEC standards, when the ice bin was removed. Results may vary depending on operating conditions. Based on filling 8 oz. glasses.

**Based on single ice maker production rates during a 24-hour period, measured per IEC standard and manufacturer user's manuals, for brands identified in US and Canada TraQline as freestanding French door bottom mount refrigerators.

© 2021 Bosch Home Appliances | www.bosch-home.com/us

WHAT'S TRENDING ON

EatingWell.com

1 Foods for Weight Loss We break down 10 foods—like the chia seeds in this Blueberry-Almond Chia Pudding *(left)*—that can help support weight-loss goals when included in your weekly meal lineup. How? Nearly all of them contain a hefty dose of fiber, protein or both—nutrients that keep you full longer. *EatingWell.com/WeightLossFoods*

2 Plant Parenting 101 Whether you want to green up a single windowsill or a large backyard, we've got a host of helpful tips for newbie growers—from choosing the right indoor plants to planning an entire garden. *EatingWell.com/PlantParenting*

3 Good, Fast & Frozen The freezer is your secret weapon for quick, healthy meals any day of the week. Get our recommendations for the best store-bought items to keep on hand, so you can make a nutritious breakfast, lunch or dinner in minutes. *EatingWell.com/GoodFastFrozen*

WE ASKED YOU:

What's in your veggie drawer?

Here's what you told us (last harvest season). Some of you even sent photos!

▲ Asian eggplant (local farmers' market), peppers and onions **for a yummy stir-fry tonight.** Carrots, bok choy and green onions. *—Jean Beischel via email*

▲ **10 lbs. of produce picked from my garden,** including one solitary tomatillo! *—Jodie via email*

A mix of peppers (Anaheim, sweet banana, cubanelle, Santa Fe Grande, cayenne and red chile). The red chiles will be smoked and dehydrated tomorrow for my homemade pepper flakes! *—leandra_kt*

The **chocolate I'm trying to hide from my kids.** *—zarembapatty*

▲ From my garden: cabbage, onion and green beans. **From local farmer:** baby bell peppers, herbs, striped zucchini, lemon cucumber, cucumbers. *—Susan Conklin via email*

My **CSA** box from the farmers' market! *—juleadeprincess*

Kale, arugula, green onions, carrots, celery, mushrooms (3 varieties), **fresh sweet corn from a friend's field,** peppers—various colors. Pickled ginger, cucumbers and onions in the fridge. *—lschabloske*

Radishes, a big beautiful purple cabbage, some scallions, broccoli and spinach ... **I feel a salad coming on!** *—rosetucci*

The freezer is where the magic is, with about 5 gallons each of tomatoes, elderberries, red currants and black raspberries. *—hudsonhobbyfarm*

Some limes because ... cocktails. *—ginasnutritionkitchen*

What do you want for Mother's Day this year?

Scan this code to tell us and we may publish your answer in a future issue.

DEVON O'BRIEN; INSETS: COURTESY EATINGWELL READERS VIA EMAIL

High blood pressure + joint pain?

TYLENOL® won't raise blood pressure the way that Advil,®[1] Aleve,®[1] or Motrin®[1] sometimes can.

#1 Doctor Recommended OTC* Pain Relief Brand for those with high blood pressure.

Talk to your doctor if you have any questions.

USE ONLY AS DIRECTED.

[1] ALL THIRD-PARTY TRADEMARKS USED HEREIN ARE REGISTERED TRADEMARKS OF THEIR RESPECTIVE OWNERS.
*OVER-THE-COUNTER.
©Johnson & Johnson Consumer Inc. 2020

Lean cuisine

Lean cuisine
bowls
SAVORY SESAME CHICKEN & VEGETABLES
breaded chicken tenderloins with pasta & vegetables in a sesame ginger sauce
NET WT 11 OZ (311g)

DIG IN TO HIGH PROTEIN BOWLS

Try a satisfying high protein bowl - all 400 calories or less. It's easy to stay on track with LEAN CUISINE® when you have the perfect balance of nutritious and delicious in every bite.

370 CALORIES

17G PROTEIN

1/2 CUP VEGGIES

GOOD LIFE

DOUKHIA NANDI/THE PICTURE PANTRY/OFFSET

FRESH IDEAS FOR EVERY DAY

Juicy News

Protein isn't the only key nutrient when it comes to building and keeping muscle. New science suggests that vitamin C may play a big role too. In a study published in *The Journal of Nutrition*, researchers analyzed data from more than 13,000 middle-aged and older Europeans to compare their vitamin C intake to their fat-free mass percentage (a proxy for muscle mass). Those who consumed the most vitamin C (around 170 mg per day—or about one orange and a cup of broccoli) had significantly more muscle for their weight than those who ate the least. Vitamin C is essential for keeping our muscles in top shape, explains sports dietitian Jessica Isaacs, RD, CSSD, owner of Jessica the Sports RD, who wasn't involved in the study. Not only is it needed to make collagen—the scaffolding that holds our tissues together—it's also a powerful antioxidant that defends muscle cells against damage caused by free radicals. Isaacs recommends working vitamin-C-rich produce like citrus fruits, dark leafy greens and bell peppers into a balanced diet to support your hard-earned muscles, so that they can keep supporting you. —*Micaela Young, M.S.*

Table Talk with Nadiya Hussain

The Season 6 winner of *The Great British Baking Show* and host of *Nadiya's Time to Eat* on Netflix talks quarantine baking projects, her love of fish and chips, and her tips for busy weeknight dinners. **By Lucy M. Clark**

Finish this sentence: To me, cooking is... Home.

What is always in your fridge? Cheese, oat milk, chiles, coriander, dark chocolate, yeast.

Is there a kitchen tool that you can't live without? My knives. Nothing is worse than a blunt knife in the kitchen. It needs to be sharp to be effective!

Did you discover any new baking recipes during England's lockdowns? I've loved experimenting with sourdough. I haven't killed my starter yet and that is always a plus.

What food says 'home' to you? Chicken Korma. My mum only ever made it for special celebrations like Eid, so it was a real treat. Simply cooked with whole spices, it's the kind of sweet, soothing smell that makes you jump out of bed.

What's your if-I-only-had-one-meal-left meal? Fish and chips, straight from the chippy [a British fish-and-chip shop]. Always with a pickled onion, mushy peas and curry sauce. No washing up afterward!

What do the words 'eating well' mean to you? Eating well for me means color. If I have a rainbow on my plate, I am usually happy. As a family we strive to eat a rainbow for as many meals as possible.

We're big fans of *Nadiya's Time to Eat*, which is about time-saving meals for busy families using pantry staples. (Yes, please!) What advice do you have for time-crunched weeknight dinners? Take the pressure off! Meals don't have to be 'special' every night. They can be leftovers that have been reheated. Or they could be a home-cooked meal out of the freezer. Forward planning, batch cooking and utilizing your freezer means that the meals will be special for one simple reason: you made it, you saved time and you can take a load off. That is what makes eating special sometimes.

We also love that you visit farmers and food producers on your show for an inside look at where your favorite ingredients come from. What's the coolest thing you've learned so far? I visited a farm that supplies almost all of the UK's mushrooms, Monaghan Mushrooms. They produce nearly *2,000* tons a week. It was a revelation! I learned that the different sizes of mushrooms that I buy are all the same type of mushroom, but they're just picked at different times.

***EatingWell* has always promoted sustainability. What environmental issue speaks to you the most?** Waste is something that really worries me, so I am a big fan of using up what we have—rather than throwing away. For example, some of the things we toss have multiple purposes, like potato and carrot peels, which I save in a large freezer bag to make into a delicious, hearty soup. I also like to wash, dry and crush my eggshells and add them to our vegetable patches and flower beds to deter slugs and snails.

WALL TO WALL MEDIA LTD

truvia

THIS IS THE SWEETNESS REVOLUTION

COMPLETELY SWEET. TRULY REVOLUTIONARY.

SWEETNESS WITHOUT THE SUGAR.

Get a Grip

Who knew that better health was literally in your hands? Here's what to know—and how to boost your strength.
By K. Aleisha Fetters, CSCS

Hand-grip strength is about more than opening pickle jars with ease. It's also about your longevity and quality of life. Research has linked low grip strength to an increased risk for cognitive impairment, fractures, falls, depression, sleep problems, type 2 diabetes and premature death. One long-term study published in the *Lancet* even found grip strength to be a better predictor of the odds of dying from cardiovascular disease—or from *any* cause—than blood pressure. Why? Grip strength is a reliable marker of overall muscle mass, which is critical to the function of every system in your body, explains lead author Darryl P. Leong, M.B.B.S., M.P.H., Ph.D.

Muscle size and strength tend to decline as you age, starting as early as your 30s. But doing resistance exercises that work your body's major muscle groups can prevent or help reverse that loss. Plus, the more weight you're able to hold onto and lift, the more muscle mass you'll be able to build, says Michele Olson, Ph.D., senior clinical professor of sport science and physical education at Huntingdon College in Montgomery, Alabama. Three exercises she recommends:

Farmer's Carry Stand with your feet about hip-width apart and a pair of dumbbells on the floor by the outsides of your feet. Squat down and, keeping your back flat and abs pulled in tight, grab a weight in each hand and stand up, arms by your sides, palms facing your thighs. From here, walk forward until your hands feel like they're just about to give out, then lower the weights to the floor. Work up to three reps.

Dead Lift Stand with your feet about hip-width apart and a pair of dumbbells by your toes, perpendicular to your body. Push your butt and hips back and bend forward at the waist, keeping your back flat and abs pulled in tight, knees just slightly bent. Pick up the weights, palms facing the front of your thighs, arms straight, and push through your heels to stand back up (keep your arms long and close to the front of your thighs). Slowly reverse the motion and lower the weights to the floor. Work up to three sets of 8 to 12 reps.

Hollow-Body Hang Grab a sturdy overhead bar with an overhand grip, thumbs wrapped under the bar, hands slightly wider than shoulder-width apart. Pull your shoulder blades down and back and raise your feet off the floor so your body forms an elongated C shape. Hold as long as possible, keeping your arms and core engaged. Work up to four 30-second holds.

What About Hand-Grip Tools? Isolating your hand grip with squeeze balls and other trainers won't directly protect you from chronic disease, says Olson. But focusing in on grip with a special tool can get you more results from moves like carries, dead lifts and hangs that *will* help improve your overall muscle mass and health. Try doing three sets of 10 reps with a hand-grip trainer—we like the IronMind Captains of Crush Grippers ($28; *amazon.com*)—at the beginning of every workout.

JOSE LUIS CARRASCOSA/WESTEND61/OFFSET

Not So Fast

You can't escape all the buzz about intermittent fasting and its touted weight and health benefits. But before you try it, read up on the science. **By Karen Ansel, M.S., RDN**

For centuries, people have fasted for better health, religious traditions and other reasons. So why is this practice suddenly on fire again? "It really started to gain attention in 2012 and 2013, when prominent animal studies suggested that fasting had powerful benefits for metabolism and weight," says Ethan Weiss, M.D., a researcher at the University of California San Francisco's Cardiovascular Research Institute. Since then, an explosion of science has linked intermittent fasting to a host of health benefits—in addition to quickly peeling off pounds. But is it as good as it sounds?

How it (supposedly) works

There are several different intermittent fasting plans, but they all have one thing in common: rules about when you can—and can't—eat. Some regimens allow you to have whatever you please several days a week and not exceed 500 to 700 calories on the remaining days. (For example, the 5:2 diet.) Others, like alternate-day fasting, rotate one day of feasting with a day of extreme calorie restriction (think 25% of your energy needs). Then there are time-restricted plans, where you eat within a daily window of six to eight hours.

Researchers don't know exactly *how* intermittent fasting may affect health. But it's speculated that periodically flipping the metabolic switch between eating and fasting triggers a cascade of systemic changes that promote weight loss and that also may make cells more resistant to stress and inflammation, boost brain health and protect against chronic diseases like heart disease and diabetes.

Does it deliver?

A deep dive into the research reveals that much of the positive press is based on animal studies, which don't really tell us how fasting impacts people, explains Weiss. As for the human studies, the data are mixed. For instance, a 2019 *Journal of Clinical Medicine* meta-analysis of 12 trials found that fasting diets may improve the body's ability to use insulin and metabolize glucose when compared to nonfasting diets, making them potentially helpful for people at risk for diabetes. However, research has generally found intermittent fasting to be no more effective than a low-calorie diet at lowering LDL cholesterol and triglycerides.

What about weight loss? Right now, we have more questions than answers due to the different types of fasting plans used in studies, frequent lack of control groups and extremely small sample sizes. Methodologies aside, "In studies of fasting diets, some people lose weight, some don't—and some even *gain* weight," says Jill Weisenberger, M.S., RDN, author of *Prediabetes: A Complete Guide.* A 2020 *JAMA Internal Medicine* randomized controlled trial of 116 people, co-authored by Weiss, muddies the waters even more. When volunteers followed a time-restricted eating plan for 12 weeks, they only lost an average of 2 pounds—65% of which was muscle. Nearly all diets cause some muscle loss, but that number is two to three times the typical amount. Considering that muscle is key for burning excess glucose, fat and calories, that's not exactly great news for long-term weight loss, metabolism or health.

The verdict

So does *when* you eat matter more than *what* you eat? Not really. "In the real world, this kind of fasting for weight loss does not appear to be very effective," says Weiss. As for other potential benefits, he adds, "When it comes to the research, we still have a lot to learn."

Want to learn more about this diet? Visit *eatingwell.com/intermittentfasting* for more.

ILLUSTRATION BY ISABEL ESPANOL

Yes Cheese, and Thank You

By Meg Favreau

"I'VE ALREADY BONDED WITH THAT WEDGE OVER THERE."

I was thinking recently about how the greatest superheroes live their lives by a code: one piece of defining truth that guides everything they do. Spider-Man had "With great power comes great responsibility." Batman promised to never kill anyone in his pursuit of justice. I started wondering what piece of heroic wisdom lies at my core. So I looked deep inside and came up with this defining message: "Eat good cheese every day."

Of course, every superhero needs an origin story. Mine started in February of last year, when my body stopped processing food correctly. My stomach started tightening, spasming and twitching—basically auditioning to be a Britney Spears backup dancer. It didn't help when I gently explained to my stomach that internal organs rarely succeed in the entertainment scene. So I went to the doctor, hoping that my stomach would listen to a professional and choose a traditional career, like digesting my food. Unfortunately, it did *not* appreciate this effort, and I spent the following months pogoing between a series of doctors, misdiagnoses and restrictive diets.

In March, I was put on what I called the "'80s career girl diet" because it relied so heavily on nonfat dairy products. This was followed by weeks of eating fruits and vegetables only if they had been cooked and pureed. (I considered contacting Gerber to see if they needed a new spokesperson, but I figured an adorable baby probably moves more jars off shelves than a 37-year-old woman.) A subsequent "personalized" diet read less like a logical eating plan and more like someone had thrown darts at a list of foods: lemon, chicken and spinach were off-limits, but somehow duck, wine and Pirate's Booty all fell within the diet's parameters. Lost in the maze of these bizarre eating plans, I made myself a promise. If I was ever able to go back to a normal-ish way of eating, I wouldn't take my favorite foods for granted.

Specifically: Cheese.

Cheese is the cashmere sweater of foods—luxurious, but sturdy enough for daily use. You can dress cheese up or down. Melt it in a simple sandwich for lunch, or pair it with some fancy apricot jam and Marcona almonds for an elegant dessert. Cheese works for every occasion.

Thankfully, my health did improve. The thing that eventually offered relief turned out to not be a diet at all, but an anxiety medication with a side effect of relaxing the stomach muscles. (Ah yes, 2020: The year when even our individual organs had to go on anxiety meds!) When my new doctor gave me the OK, I began making good on my fromage manifesto.

I ate cheese—*good* cheese—every day. It wasn't a lot—just a single piece most of the time. But I approached it like a 21-year-old at an open bar, trying everything I could—aged Goudas, truffled goats, creamy blues. I became obsessed with Dunbarton, a cheese that combines comforting Cheddar with blue cheese funk. I hunted for chunks of rare cheese varieties in dairy cases, like an antiques dealer rifling through estate sales.

While I take my credo literally, it's about more than just cheese. "Eat good cheese every day" is a reminder to savor the foods I love. Fruits and vegetables that I don't have to puree are daily gifts. The hearty lamb stew I used to only make for dinner parties has become part of my regular household rotation. One day I baked a giant, glorious mixed-berry pie for myself on a whim. Eating it was a near-religious experience.

Clearly, eating good cheese doesn't make me the sort of hero who can, y'know, save people from a burning building or knock out a supervillain (unless that supervillain is aggressively lactose-intolerant). But it does remind me to appreciate the things I love. And as far as I'm concerned, that's a pretty dang good superpower.

MEG FAVREAU *is a Los Angeles-based humor writer and food enthusiast.*

AMY HWANG

BRUSHING LEAVES BEHIND OVER A MILLION GERMS.

LISTERINE® KILLS 99% OF THEM*

FINISH STRONG

*Germs that cause bad breath and early gum disease. Use as directed.

©Johnson & Johnson Consumer Inc. 2021

PURINA
Cat Chow
SOLID FOUNDATIONS BUILD INCREDIBLE FUTURES.
Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland.
PURINA Cat Chow Indoor
PURINA Cat Chow Complete
PURINA Kitten Chow
MADE WITH REAL CHICKEN
myperks earn rewards at catchow.com
PURINA Your Pet, Our Passion

Wait, You're Leaving?

Your pet has gotten used to you being around all these many months—and will miss the extra attention (and Zoom bombing) when you head back to work. Take these steps to prepare him before you grab your keys and to-go mug. **By Caron Golden**

If anything has brought us joy and comfort—as well as amusing domestic chaos—during the pandemic, it's been our pets. They became our Velcro companions, and peeling apart when the time comes may not be so easy. "As we gear up for our eventual return to normal daily activities, it's important to remember that our pets have gotten used to us being home 24/7," says Rachel Barrack, D.V.M., owner of the mobile veterinary practice Animal Acupuncture in New York City.

When cats and dogs are suddenly left alone, it can trigger not-so-charming behaviors like scratching, chewing (RIP, slippers) and excessive barking. Beyond being a nuisance, Barrack says, these behaviors could be a sign of separation anxiety, or an unhealthy amount of fear or distress when you're gone. Here's how to smooth the transition for your four-legged BFF.

Practice leaving now. Every pet needs to learn to handle their owners leaving and coming back, says Carol Harris, CAAB, a certified applied animal behaviorist and owner of The Educated Pet in San Diego. Try going out twice a day on your own, even if it's just for five minutes. (Make sure they're in a safe space away from medications and garbage.) And because "I'm leaving" cues like

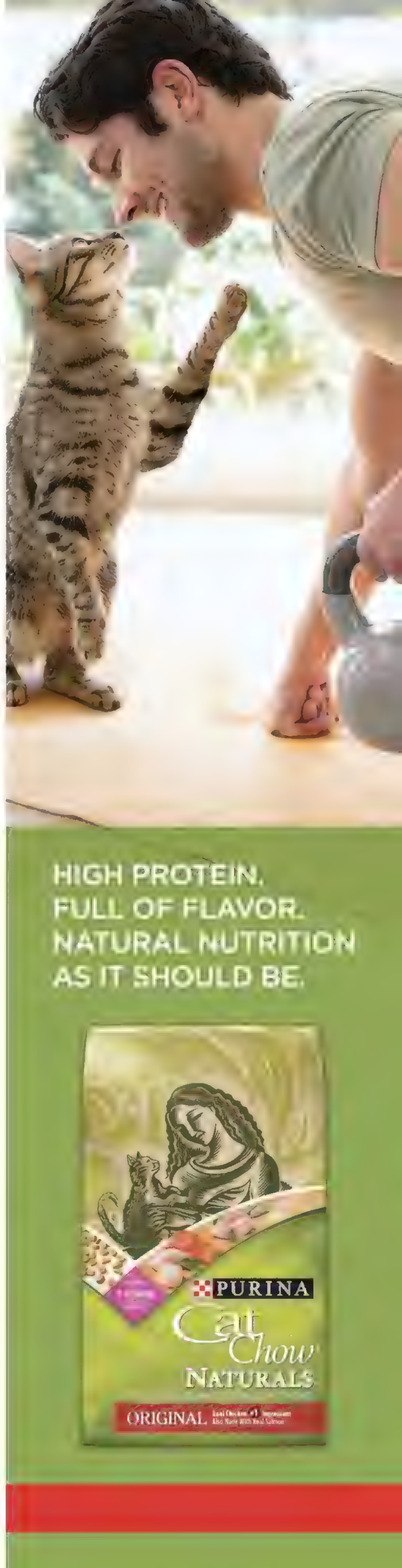
putting on shoes, grabbing keys and closing the blinds can cause panic before you even head out the door, Harris suggests doing them multiple times a day, without going out, to make them meaningless.

Stick to the schedule. Three walks a day, snacks at lunch—yep, your pet may be loving this stay-at-home routine. "But dogs and cats—*especially* cats—are very schedule oriented, and sudden changes can cause stress," says Brian Bourquin, D.V.M., founder of the Boston Veterinary Clinic and host of the podcast *Tails from the City*. As soon as you know your routine could change, start shifting their feeding and exercise times to match your new schedule, he advises. If your plans involve doggy day care or a dog walker, consider easing that in, as well.

Give 'em space. As hard as it is, back off the daytime snuggles and playtime to help your pet adjust to being alone. (Plus, all that attention can deprive her of proper rest, which could throw behavior off, too, adds Harris.) So even when you're home, let the attention be on *her* terms. And encourage solo entertainment. Give your dog a puzzle toy or a Kong filled with a healthy frozen treat. Set out toys for your cat to chase, or set up a window seat or climbing tower.

Ask for help. If you think your pet is showing signs of anxiety, including unusual agitation (hiding, shaking) or sadness, talk to your vet. (They'll be able to rule out other causes too.) Treatment for anxiety may include a combo of training, medications, a certified behaviorist and patience on your part. "Often, behavioral issues take time to rectify," says Barrack. Giving ample time to adjust to being apart will do wonders for your pet—and you.

BYDOG_STUDIO/IMAZINS/GETTY IMAGES



Perfectly Imperfect

Food waste at the farm level is a massive problem in the U.S. One company figured out how to rescue ugly (yet edible!) produce and put dollars in growers' pockets. By Marissa Conrad

Researchers at Santa Clara University recently published some bleak data about farming and food waste in California, where much of our country's produce is grown. Across 34 farms in the central and northern part of the state, more than a third of perfectly good crops were left to rot, often due to cosmetic imperfections. In romaine-heart fields, where workers discard the outer leaves to get to the plants' more attractive centers, more lettuce was left than taken. On one farm, for every acre of land more than 60,000 pounds of romaine were abandoned.

For years, data about farm-level food waste have been based on the growers' estimates. Yet this study, among the first to send researchers into fields, found that the amount of tossed produce was more than 2.5 times greater than the farmers' best guesses. All of this, of course, has serious environmental impacts. For example, the amount of water used to grow food that's never eaten each year in the U.S. is equal to the total used in California, Texas and Ohio combined, according to estimates from the food-waste prevention group ReFED.

Christine Moseley witnessed a romaine harvest back in 2015 and was horrified. But she also saw opportunity. Moseley had recently left her job as head of strategic projects and business development for a juice bar chain. She thought: A company like that could be buying and juicing the unwanted leaves, instead of the more expensive, "prettier" hearts. The end product—green juice—would look and taste the same. "But one company can't really provide enough demand to change the whole system," says Moseley. A better solution, she realized, would connect lots of buyers with lots of farms. She got to work on a business plan.

That business became Full Harvest, a digital marketplace for imperfect and surplus produce. Farmers post their wares—say, cartons of bent cucumbers or misshapen tomatoes that retailers like grocery stores won't buy because they don't meet cosmetic standards set by the USDA and industry leaders. High-volume purchasers, such as juice bars or packaged-snack producers, then browse and buy them at a discount, with Full Harvest getting a cut of the sales. Since it launched in 2016, the company has helped farms sell 28 million pounds of produce that likely would have been left to languish in fields, Moseley says.

Other consumer-facing companies, like Misfits Market, have since jumped on the ugly-produce bandwagon too. And while critics have questioned the motives of these businesses, arguing that "rescuing" produce is monetization masked as environmentalism, and in some cases diverts fruits and vegetables from food banks, Dana Gunders, executive director of ReFED, has a more positive perspective. "There is so much imperfect produce out there at this point that it's not an either-or," she says of the flak about food-pantry donations. "In my opinion, these startups are all demonstrating that there is a higher tolerance in the marketplace for off-spec produce than the grocery stores have really given consumers credit for."

In 2019, the World Economic Forum named Full Harvest one of its annual Technology Pioneers, an honor given to tech companies poised to create lasting change. And in 2020, Moseley partnered with the Eat. Learn. Play. Foundation, Steph and Ayesha Curry's nonprofit, to help both farmers and food-insecure families impacted by the pandemic in Oakland, California, and New York City. At press time, they had purchased and distributed more than 100,000 boxes of produce.

"It's been a win-win-win," Moseley says. "We've been able to help out more people in a really important time of need, using our technology, resources and expertise to prevent food waste and help growers at the same time."

NATALIYA KUSHNIR/GETTY IMAGES

simple is making a splash.

natural bliss® is made with farm fresh milk & cream,
pure cane sugar and Madagascar vanilla.

#1
all-natural
dairy creamer*

Vanilla

Coffee mate
natural bliss®
ALL-NATURAL COLLAGEN FLAVORED

NO GMO INGREDIENTS™

ALL NATURAL
MADE WITH
Real Milk & Cream
FROM COWS NOT TREATED
WITH ADDED GROWTH

Coffee mate
natural bliss®

keep it real.
make it simple.

The Truth Meter: Salt Edition

We've mined the research on what just may be the world's most misunderstood mineral.
By Julie Stewart

★ For ways to add flavor without added salt, go to *eatingwell.com/flavorboost*

TRUE

Slashing salt reduces blood pressure

This classic advice has strong evidence supporting it. A new meta-analysis of 133 randomized controlled trials of people both with and without hypertension found that the greater their reduction in sodium intake, the more their blood pressure dropped—sometimes in as little as one week. And those with the highest baseline blood pressure benefited the most. (Your body does need *some* sodium—less than 500mg per day—to function properly, though.)

SOURCES: *THE BMJ* (FINDINGS); *NUTRIENTS* (FOR MECHANISM)

SOMEWHAT FALSE

Salt prevents muscle cramps

Turns out the electrolytes in sports drinks (which contain sodium and other minerals) might not help after all. A recent study found that people who experienced muscle cramps during or after exercise sweated out similar amounts of sodium, potassium and fluid as those whose muscles remained pain free, even when important factors like hydration status and sodium intakes were taken into account. The study authors say cramps have many causes, and sports drinks aren't a one-size-fits-all solution. When muscles tense up, other triggers could be at play, such as a longer or harder workout, fatigue or movement that aggravates an old injury.

SOURCE: *THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH*

SORTA TRUE

Salty food packs on pounds

Higher-sodium foods—such as packaged foods and takeout meals—also tend to be higher in calories and have been associated with weight gain. But it may be more than that. Researchers recently concluded that Americans who ate the most salt had a 24% higher risk of overweight or obesity compared to those who ate the least—*regardless* of caloric intake. One preliminary explanation: high-salt diets could tamper with hormones that promote fat storage. That said, many factors contribute to weight gain and there's not enough evidence that salty food is a direct culprit.

SOURCE: *THE AMERICAN JOURNAL OF CLINICAL NUTRITION*

FALSE

Table salt is not your friend

Unless you use it like a maraca, your salt shaker probably won't take you over the recommended 2,300 mg daily sodium cap (about 1 tsp. salt). The average American does get almost 50% more than this per day, but research suggests that processed foods and restaurant meals are a much bigger contributor than table salt, accounting for about 70% of total sodium consumption. According to the CDC, the top sources of dietary sodium are deli meat sandwiches, pizza, burritos and tacos, soups, and savory snacks like popcorn, chips and crackers.

SOURCES: *CIRCULATION*; THE CDC'S WEEKLY MORBIDITY AND MORTALITY REPORT

DIANE DIEDERICH/GETTY IMAGES

COZI Family life. Simplified.

Start the new year organized

Cozi is FREE in the app store!

Download on the App Store | GET IT ON Google Play

★★★★★ 4.8 stars

© 2021 Cozi Inc. Cozi is a registered trademark of Cozi Inc.

Use as directed. ©2020 GSK group of companies or its licensor.

Powered by the best of nature

to help relieve your cough.*†

new Robitussin Naturals

100% drug-free, purposefully crafted with
Ivy Leaf & True Source Certified Honey
to relieve your cough and help clear mucus.

Drug & Alcohol Free

FREE FROM artificial colors, flavors & preservatives

Non-GMO^

DIETARY SUPPLEMENT. †Relieves occasional cough associated with hoarseness, dry throat and irritants.
^For more information on our non-GMO standard visit robitussin.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Pet Project

Confession: What started as a fun kid project became our own obsession. Here's the scoop on this cool aquaponic kit. **By Jeanhee Kim**

When Nikhil Arora and Alejandro Velez of Back to the Roots began selling mushrooms at a farmers' market in Oakland, California, in 2009, they discovered that customers were just as interested in how they sustainably grew their fungi—on spent Peet's Coffee grounds—as they were in the mushrooms themselves. "They wanted to see our farm," says Arora. This enthusiasm led them to launch a collection of all-in-one home-growing kits—such as mushroom, tomato and sunflower—aimed at "reconnecting a new generation back to their food." Then, on a business trip to Milwaukee in 2011, Arora and Velez toured a block-long indoor farm where MacArthur Award-winning urban farmer Will Allen was raising tilapia and organic vegetables together using a method called aquaponics. Inspiration struck again.

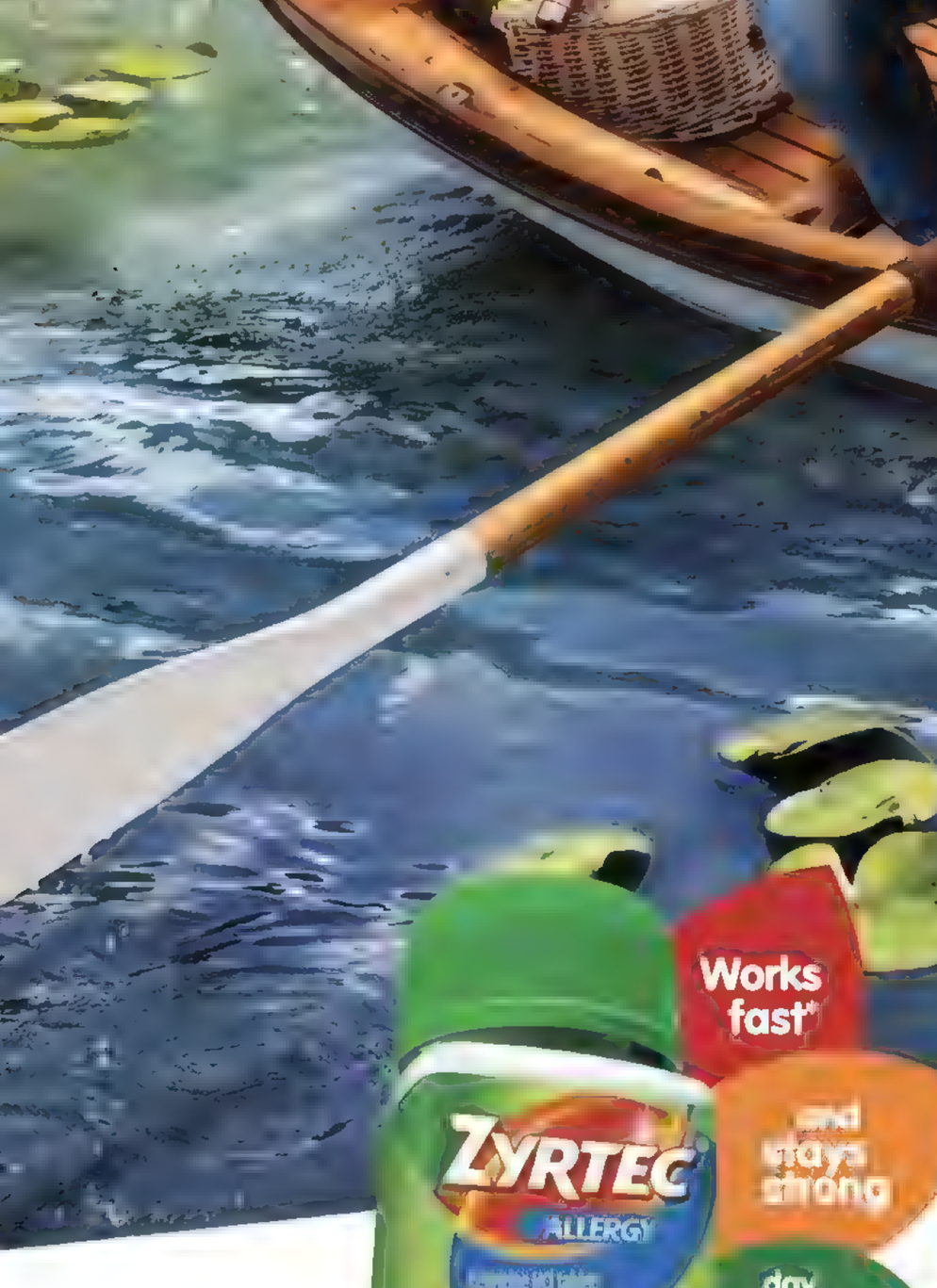
"It's the coolest way to grow food," says Arora. Fish make ammonia-filled waste that in an ordinary tank would kill them if not cleaned or filtered. In an aquaponics system, that water is pumped up to fertilize the plants grown on the top of the tank and, in turn, the plants' roots purify the water below for the fish. This nearly closed ecosystem uses up to 90% less water than conventional soil gardening. And since nutrients are fed directly to the plants' roots, crops grow about twice as fast.

At the time, a simple home aquaponics kit didn't exist. So Arora and Velez teamed up with an industrial designer, launched a Kickstarter campaign and voilà—the Water Garden was born. This sleek fish tank *(shown below)* has grow beds on the lid and takes up less than a square foot of counter space. The kit includes starter packs of micro radish greens and wheatgrass seeds, as well as a Petco coupon for a betta—a colorful, hardy fish that "produces quite a bit of waste," laughs Arora. But you can grow all sorts of other things—houseplants, herbs and pretty much any nonfruiting plant, from baby spinach and bok choy to spring onions and sunflower sprouts. Plus, you and your kiddos can harvest your crop without even leaving your kitchen.

COURTESY BACK TO THE ROOTS

When your sneezes rock the boat

you may be muddling through allergies



*Starts working at hour 1. Use only as directed.

Stick with the consistent allergy relief of ZYRTEC®

ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day and stays strong day after day.

©J&JCI 2021

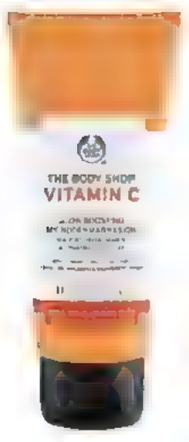
Positively Glowing

6 beauty buys to prep your skin for its spring reveal. **By Rachel Stearns**

Ah, spring—a time of growth and renewal. And what better time for a skin-care routine revamp? After months of hiding under chunky sweaters and being stuck inside under artificial light, odds are your skin could use a little refresh too. As in: more radiance, dewiness, sun-kissed glow. "Especially after a long winter, getting that luminous look requires a healthy balance of exfoliation and moisture-binding ingredients, such as hyaluronic acid," says New York City dermatologist Elyse Love, M.D. A few key touches of makeup—say, a gilt-tinged shadow or a little bronzer—can't hurt either. And we've got just the products to make that happen.

GREEN PICK

Burt's Bees Goodness Glows Tinted Moisturizer For that flawless, no-makeup look with just a teeny tiny bit of help, go for a tinted moisturizer. This one adds a touch of coverage to even out skin tone, while delivering antioxidant green tea extract to reduce inflammation and redness—and even defend against air pollution and UV light. Love notes, though, that sunscreen is still a must. ($12; *burtsbees.com)*



The Body Shop Vitamin C Glow Boosting Microdermabrasion A professional microdermabrasion treatment effectively exfoliates skin, but it's harsh—and expensive. This at-home scrub is a much gentler alternative. Crushed garnet stones reveal fresh skin, while vitamin C (courtesy of camu camu berries, native to the Amazon rainforest) ramps up collagen production for a radiant glow. ($23; *thebodyshop.com)*

Shea Moisture Coconut & Hibiscus Illuminating Hand & Body Scrub Slough away dead skin with this heavenly, tropical-scented body scrub. Sugar crystals exfoliate while coconut, olive and jojoba oils, as well as shea butter, hydrate and soften. *($10; sheamoisture.com)*

Stila Shimmer & Glow Liquid Eye Shadow in Kitten Think of shimmer as glitter's shyer cousin: it has enough sheen to catch the light without being too flashy. A little shimmer in your eye shadow gives lids a boost of youthful glamour. Add a second swipe for a nighttime look with a little extra va-va-voom. The lightweight formula stays put, and the sheer pink shade is *so* pretty. ($24; *stilacosmetics.com)*

Coco & Eve Sunny Honey Bronzing Face Drops Here's the thing about self-tanners: the faux glow they deliver can sometimes look unnatural. This one is truly error-proof! (Orange you glad you can toss those other products?) You control the level of "tan": add a couple of drops to your moisturizer for a subtle warmth or gradually use a bit more for a deeper, bronzed effect. *($28; us.cocoandeve.com)*

E.L.F. Glow on the Go Selfie Light We know this isn't a beauty product per se, but given how much Zooming is happening these days, it may be all you need to look, well, luminous. The ring light clips right onto a smartphone or laptop, banishing dark shadows and illuminating skin. #Nofilter! ($12; *elfcosmetics.com)*

TOP: BONNINSTUDIO/STOCKSY

STRENGTH

LOOKS INCREDIBLE ON YOU

Power through the day with Depend® Dryshield™ Technology designed to keep you dry and comfortable.

DRYSHIELD™ TECHNOLOGY
ALL-DAY COMFORT, GUARANTEED†

Get a coupon at **Depend.com**

Depend®

THE ONLY THING **STRONGER** THAN US, IS **YOU.**™

†Purchase by 3/31/22. Redeem within 30 days of purchase. See Depend.com/guarantee for details.

*™Trademarks of Kimberly-Clark Worldwide, Inc. or affiliates. ©KCWW

Left to right: Gerald Harris, Gabrielle E.W. Carter, Derrick Beasley. To support Tall Grass Food Box, visit them at *tallgrassnc.com* or follow them on Instagram *@tallgrassfoodbox*.

Thinking Inside the Box

Meet the group that mobilized hundreds of people to support Black farmers during COVID-19.

By Stephanie Gravalese
Photo by Chris Charles

THE SITUATION

In early March, longtime friends Derrick Beasley, Gabrielle E.W. Carter and Gerald Harris watched the rising number of COVID-19 cases shut down restaurants and farmers' markets in the Raleigh-Durham, North Carolina, area. And their thoughts turned to Black farmers. The trio all have connections to the farming community, both familial and professional, and knew that Black-owned farms in North Carolina were already dwindling, down to only about 4% of the state's roughly 46,000 farms. But as these farmers' main customers began to shut their doors, they wondered how many more farms might be lost. "We knew that a couple of bad weeks could take them out of the game," said Harris. "We needed to figure out how to rally around them." As the pandemic surged, they sent 27 local Black farmers a survey. When the results came in, it was clear the participating farmers needed help with direct-to-consumer sales. Tall Grass Food Box was born.

WHAT THEY'RE DOING

Taking inspiration from the CSA model (notably, originated by Black farmers), the founders source eggs and produce like leafy greens, sweet potatoes, mushrooms and fresh herbs from various Black growers in the area and sell them in biweekly boxes. Unlike a traditional CSA, where customers commit to an entire season, Tall Grass Food Box offers a more flexible approach in which customers can buy boxes one-off or commit to a three-month subscription. And to ensure the farmers profit—the main goal of the organization—Tall Grass Food Box pays them a price that is at or as close to retail value as possible.

WHY IT'S COOL

Orders from the CSA have paid Black farmers in North Carolina over $75,000 since March and helped many of them stay in business. Anna Huckabee, owner of Moonlight Farms NC—grower of gourmet mushrooms, herbs and microgreens—was reeling last spring as numerous local restaurants canceled their orders. Thanks to Tall Grass Food Box, she was able to recoup lost sales *and* build her customer base. "I was so proud to see such a diverse community coming together to support this movement," she says. "Tall Grass has made people aware that us local Black farmers exist and they've stepped up to support us. It's such a beautiful feeling!"

SAVINGS
IS JUST THE START

It starts with getting a quote to see if you could save 15% or more on car insurance. From there, you'll discover the comfort of 24/7 service with a licensed agent, the fast, fair, professional claim handling and why, for over 75 years, GEICO has been the choice of millions of drivers for all their insurance needs.

GEICO.COM 1-800-947-AUTO LOCAL AGENT

GEICO

DINNER TONIGHT

17 EASY HEALTHY RECIPES

Head of the Class

Roasted Cabbage with Horseradish Cream, next page.

Photography by Jacob Fox & Dera Burreson

Styling by Lauren McAnelly & Scott Johnson

Warm Cabbage Salad with Bacon

ACTIVE: 20 min **TOTAL:** 20 min

This warm salad bursts with flavor from a tangy Dijon vinaigrette and crispy bacon.

- **3 slices bacon, chopped**
- **3 tablespoons cider vinegar**
- **1 teaspoon Dijon mustard**
- **1 teaspoon whole-grain mustard**
- **½ teaspoon honey**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **2 tablespoons grapeseed *or* canola oil**
- **2 medium carrots, sliced**
- **½ medium red onion, chopped**
- **4 cups chopped Savoy cabbage (½ medium head)**

1. Cook bacon in a large skillet over medium-low heat, stirring often, until crisp, 8 to 10 minutes.
2. Meanwhile, whisk vinegar, Dijon mustard, whole-grain mustard, honey, salt and pepper in a small bowl. Gradually whisk in oil.
3. Transfer the bacon to a paper-towel-lined plate with a slotted spoon, leaving the fat behind. Increase heat to medium-high and add carrots and onion; cook, stirring often, until starting to soften, 3 to 4 minutes. Add cabbage; cook, stirring occasionally, until starting to wilt, 1½ to 2 minutes. Add the vinaigrette and cook, stirring, until heated through, about 1 minute. Serve immediately, sprinkled with the bacon.

SERVES 6: ⅔ cup each
Cal 94 **Fat** 6g (sat 1g) **Chol** 3mg **Carbs** 8g **Total sugars** 4g (added 0.5g) **Protein** 3g **Fiber** 2g **Sodium** 207mg **Potassium** 236mg.

Roasted Cabbage with Horseradish Cream

ACTIVE: 5 min **TOTAL:** 25 min

Roasting cabbage wedges beautifully chars the outsides while the insides get slightly tender.
(Photo: page 35.)

- **½ medium cabbage, cut into 4 wedges**
- **1 tablespoon extra-virgin olive oil**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **½ cup reduced-fat sour cream**
- **1 tablespoon prepared horseradish**

1. Preheat oven to 450°F.
2. Place cabbage on a rimmed baking sheet and brush cut sides with oil. Sprinkle with ¼ teaspoon each salt and pepper. Roast, flipping once halfway through, until crispy on the outside and tender on the inside, 20 to 25 minutes.
3. Meanwhile, combine sour cream, horseradish and the remaining ¼ teaspoon each salt and pepper in a small bowl. Serve the cabbage with the horseradish cream.

SERVES 4: 1 cabbage wedge & 2 Tbsp. sauce each
Cal 103 **Fat** 7g (sat 3g) **Chol** 12mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 2g **Fiber** 3g **Sodium** 354mg **Potassium** 245mg.

Chipotle Coleslaw

ACTIVE: 20 min **TOTAL:** 20 min

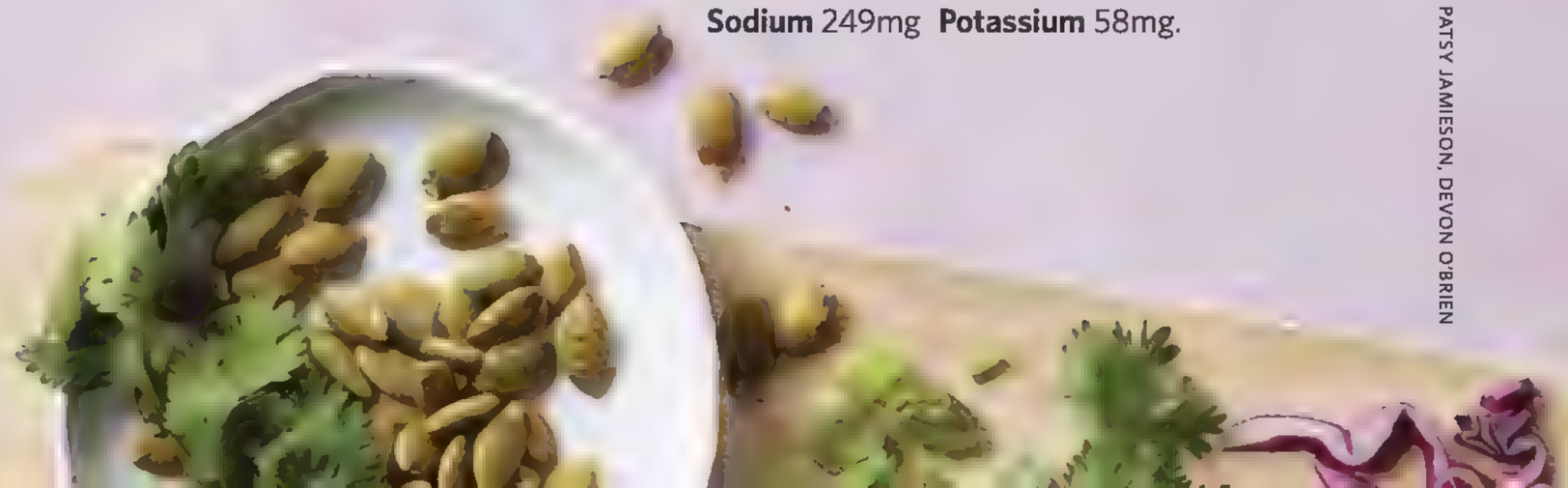
Serve this slightly spicy slaw as a side—or topping—on taco night.

- **2 tablespoons mayonnaise**
- **2 tablespoons low-fat plain yogurt**
- **1 tablespoon cider vinegar**
- **1-2 teaspoons minced chipotle pepper in adobo sauce**
- **1 teaspoon pure maple syrup**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups shredded cabbage (½ medium head)**
- **¼ cup chopped fresh cilantro**
- **¼ cup chopped scallions**
- **4 tablespoons unsalted pepitas, toasted, divided**

Whisk mayonnaise, yogurt, vinegar, chipotle to taste, maple syrup, salt and pepper in a large bowl until smooth. Add cabbage, cilantro, scallions and 2 tablespoons pepitas; toss to coat well. Sprinkle with the remaining 2 tablespoons pepitas.

SERVES 6: ¾ cup each
Cal 66 **Fat** 4g (sat 1g) **Chol** 2mg **Carbs** 6g **Total sugars** 3g (added 1g) **Protein** 2g **Fiber** 2g **Sodium** 249mg **Potassium** 58mg.

RECIPES BY PATSY JAMIESON, DEVON O'BRIEN



The POWER of PISTACHIOS

GAME CHANGER

PISTACHIOS ARE A COMPLETE PROTEIN

Roasted American-grown pistachios are a source of protein that contain all nine of the essential amino acids in adequate amounts for persons over five years of age, as shown by the Protein Digestibility Corrected Amino Acid Score (PDCAAS), and are therefore, a *complete* protein for that age group.
AmericanPistachios.org/complete

AMERICAN QUALITY PISTACHIOS®
AmericanPistachios.org

Wild Rice Risotto with Shrimp & Spring Vegetables

ACTIVE: 45 min **TOTAL:** 45 min

Asparagus, snap peas and a touch of lemon zest bring fresh spring flavor to this riff on classic risotto made with a whole-grain rice blend.

- **2 tablespoons extra-virgin olive oil, divided**
- **½ medium onion, finely chopped**
- **⅔ cup quick-cooking wild rice blend *(see Tip)***
- **¼ cup dry white wine**
- **2 cups low-sodium chicken broth, divided**
- **1 pound asparagus, trimmed and cut into 1-inch pieces**
- **8 ounces sugar snap peas, trimmed and halved**
- **½ cup grated Parmesan cheese**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound peeled and deveined raw shrimp (21-30 per pound)**
- **2 cloves garlic, chopped**
- **1 teaspoon grated lemon zest**

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until softened, 2 to 3 minutes. Add rice and cook, stirring constantly, until lightly toasted, 1 to 2 minutes. Reduce heat to medium-low. Add wine and cook, stirring, until absorbed, about 1 minute. Add ½ cup broth and cook, stirring frequently and letting all the liquid absorb before adding another ½ cup, until the rice begins to soften, about 15 minutes. Stir in asparagus and snap peas. Repeat with the remaining 1 cup broth, ½ cup at a time, until the rice is tender and the vegetables are tender-crisp, about 15 minutes more. Remove from heat. Stir in Parmesan and ¼ teaspoon each salt and pepper.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add shrimp and cook, flipping once, until pink, about 4 minutes. Add garlic, lemon zest and the remaining ¼ teaspoon each salt and pepper and cook, stirring, until fragrant, about 1 minute. Serve the risotto topped with the shrimp.

SERVES 4: 1½ cups each

Cal 385 **Fat** 12g (sat 3g) **Chol** 191mg **Carbs** 35g **Total sugars** 4g (added 0g) **Protein** 34g **Fiber** 4g **Sodium** 652mg **Potassium** 598mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY DEVON O'BRIEN

RICE GONE WILD

The key to cooking whole-grain risotto in a jiff is choosing a quick-cooking rice blend. We like to add variety with a mix of white, brown, red and wild rice. Check the package before you buy and pick a blend that cooks in 30 minutes or less.

©2021 PANOS Brands. All rights reserved.

PREMIUM READY TO EAT VEGETABLES

Amore GRILLED PEPPERS

Amore GARLIC PASTE

Amore HERB PASTE

Amore TOMATO PASTE

NON GMO Project VERIFIED
nongmoproject.org

MADE IN ITALY

VEGAN

Authentic Italian,
in the comfort of your home.

Amore® products are imported from Italy and use only the highest quality, locally sourced ingredients. Prepared using traditional methods and ready-to-use, **Amore** delivers bold flavors to every recipe.

For **Amore Herb Sausage & Vegetable Frittata with Tomatoes,** and other simple Italian-inspired recipes, visit **amorebrand.com**

#AmoreItalianFood

Amore®
A little love goes a long way.™

ABOUT STOUT Use your favorite stout to make this (and to sip alongside it too!), but avoid coffee stouts, which can make the stew bitter. Guinness is nice, or try a craft offering, like Deschutes Brewery Obsidian Stout.

Beef & Mushroom Stew with Mashed Potatoes

ACTIVE: 35 min **TOTAL:** 50 min

This hearty beer-spiked beef stew is served with creamy mashed potatoes for a shepherd's pie vibe.

- 1½ pounds yellow potatoes, scrubbed and cut into 2-inch pieces
- ½ cup low-fat milk
- 2 tablespoons butter
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 pound lean ground beef
- 8 ounces cremini mushrooms, quartered
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 16 ounces stout *(see Tip)*
- 1 cup low-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 1 cup frozen peas and carrots
- Chopped fresh parsley for garnish

1. Place potatoes in a large saucepan with enough water to cover by 1 inch. Bring to a boil. Adjust heat to maintain a lively simmer and cook until tender, about 30 minutes. Drain and return to the pan. Add milk, butter, ½ teaspoon salt and ¼ teaspoon pepper. Mash to desired consistency. Cover to keep warm.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Add beef and cook, breaking into large chunks and flipping occasionally, until browned on all sides, about 6 minutes. Sprinkle with the remaining ¼ teaspoon pepper. Transfer to a clean plate.

3. Add mushrooms, onion and garlic to the pan and cook, stirring occasionally, until just starting to brown, 5 to 8 minutes. Sprinkle with flour and the remaining ¼ teaspoon salt and cook, stirring frequently, for 1 minute. Return the beef to the pan and stir in beer, broth and Worcestershire, scraping up any browned bits. Bring to a gentle simmer. Cover and cook until the beef and vegetables are very tender, about 20 minutes. Add peas and carrots, increase heat to medium and cook, stirring occasionally, until the stew is slightly thickened, about 5 minutes. Serve with the mashed potatoes, sprinkled with parsley, if desired.

SERVES 4: 1¼ cups stew & 1 cup potatoes each
Cal 571 **Fat** 22g (sat 9g) **Chol** 92mg **Carbs** 53g **Total sugars** 6g (added 0g) **Protein** 32g **Fiber** 5g **Sodium** 627mg **Potassium** 1,398mg.

RECIPE BY ADAM DOLGE

FOOD FUELED MY LIGHT.
Sarah Jones was born for the stage. Access to healthy nutrition fueled her first spotlight, one that continues to shine from Broadway to the White House and beyond.
Let's feed every dream.
Demand our leaders fuel the potential of every child at FOODISFUEL.ORG.
#FOODISFUEL
SARAH JONES / *Writer, Performer*
A PLACE AT THE TABLE

Chickpea & Beef Burgers with Whipped Feta

ACTIVE: 25 min **TOTAL:** 25 min

Chickpeas add fiber to this blended burger, but the real joy here is the light and fluffy feta sauce that tops the whole shebang.

- **1 cup no-salt-added canned chickpeas, rinsed, divided**
- **2 tablespoons water**
- **2 teaspoons extra-virgin olive oil, divided**
- **12 ounces lean ground beef**
- **1½ tablespoons chopped fresh mint**
- **1 tablespoon chopped fresh oregano**
- **¾ teaspoon ground pepper**
- **½ teaspoon kosher salt, divided**
- **⅔ cup crumbled feta cheese**
- **½ cup low-fat plain Greek yogurt**
- **1 teaspoon grated lemon zest**
- **1 tablespoon lemon juice**
- **4 whole-wheat hamburger buns, toasted**
- **4 leaves romaine lettuce, torn in half**
- **1 medium red onion, sliced into ¼-inch rings**
- **1 large tomato, sliced**

1. Combine ½ cup chickpeas, water and 1 teaspoon oil in a mini food processor. Pulse until coarsely chopped. Transfer to a medium bowl and add the remaining ½ cup chickpeas, coarsely mashing with a fork. Add beef, mint, oregano, pepper and ¼ teaspoon salt; mix gently to combine. Form into four burgers, 3½ inches wide.

2. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium heat. Add the burgers and cook, flipping once halfway, until an instant-read thermometer inserted into the thickest part registers 160°F, 3 to 4 minutes per side. Transfer to a plate, sprinkle with the remaining ¼ teaspoon salt and let rest for 5 minutes.

3. Meanwhile, combine feta and yogurt with lemon zest and lemon juice in a medium bowl. Beat with an electric mixer on medium-high until fluffy, about 1 minute. Serve the burgers on buns with the sauce, lettuce, onion and tomato.

SERVES 4: 1 burger each

Cal 492 **Fat** 20g (sat 8g) **Chol** 80mg **Carbs** 47g **Total sugars** 12g (added 0g) **Protein** 33g **Fiber** 10g **Sodium** 783mg **Potassium** 1,116mg.

PHOTO: JOHNNY & CHARLOTTE AUTRY; RECIPE BY JULIA LEVY

ENOUGH.

Did you know:
48,000,000 pounds of waste enter oceans each day,* and recent reports indicate that number may have increased 27% since recycling started to collapse.**

LET'S **FIX IT**.

Text **FIX IT** to **40649**
to ask your elected officials to be part of *the* most proven and effective solution to fix recycling.

The nonprofit organization, Recycle Across America created the first and only standardized labels for recycling bins. This simple solution is referred to as **"one of the most important environmental fixes taking root today"** by the New York Times; is listed as **"one of the top ten solutions to reverse climate change"** by Real Leaders; and is deemed **"a world-changing solution"** by Ashoka.

To learn more about this solution and how to reduce waste and recycle right, visit
www.RecycleAcrossAmerica.org

recycle across america®
let's recycle right!

*World Watch Institute **Reuters Oct 2019
Message and data rates may apply. Text STOP to cancel or HELP for help.
Go to recycleacrossamerica.org/privacy-policy for privacy and terms

Roasted Chicken Thighs with Pear-Mustard Sauce

ACTIVE: 25 min **TOTAL:** 45 min

The sauce in this recipe is inspired by the flavors of pear mostarda—the sweet, spicy and fruity Italian condiment. Using both Dijon mustard and mustard seeds provides a bit of bite and an extra pop of texture.

- **1 tablespoon extra-virgin olive oil**
- **2 pounds bone-in, skin-on chicken thighs**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon salt plus ⅛ teaspoon, divided**
- **2 firm ripe Bartlett pears, sliced**
- **1 cup low-sodium chicken broth**
- **½ cup port *or* sherry**
- **1 tablespoon Dijon mustard**
- **2 teaspoons mustard seeds**
- **2 tablespoons cider vinegar**
- **1 tablespoon cornstarch**
- **1 tablespoon light brown sugar**
- **Chopped fresh parsley for garnish**

1. Preheat oven to 450°F.

2. Heat oil in a large cast-iron or other oven-safe skillet over medium-high heat. Pat chicken dry and sprinkle with ¼ teaspoon each pepper and salt. Add the chicken to the pan, skin-side down, and cook, flipping once, until golden brown, about 4 minutes per side. Transfer to a plate.

3. Add pears to the pan and cook, stirring occasionally, until starting to soften, 2 to 4 minutes. Add broth, port (or sherry), Dijon and mustard seeds and bring to a simmer. Return the chicken, skin-side up, and any accumulated juices to the pan.

4. Transfer the pan to the oven. Roast the chicken until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 15 to 20 minutes. Transfer the chicken to a plate.

5. Return the pan to the stove (careful, the handle is hot!) and bring the sauce to a simmer over medium heat. Mix vinegar and cornstarch in a small bowl and add to the sauce. Cook, stirring, until thickened, about 1 minute. Stir in brown sugar and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt. Serve the chicken with the sauce, sprinkled with parsley, if desired.

SERVES 4: 3 oz. chicken & about ⅔ cup sauce each
Cal 348 **Fat** 13g (sat 3g) **Chol** 142mg **Carbs** 20g
Total sugars 13g (added 3g) **Protein** 28g
Fiber 3g **Sodium** 443mg **Potassium** 436mg.

PAIR IT

Pour the quaffable 2019 **Alois Lageder Riff Pinot Grigio,** Trentino-Alto Adige, Italy ($10)—its stone-fruit aromas dovetail nicely with the pears and mustard.

RECIPE BY ADAM DOLGE

PAIR IT

A touch of effervescence and strawberry undertones make the 2019 **Txomin Etxaniz Txakoli Rosé,** Spain ($21), a perfect marriage with the figs and pork.

Roasted Pork & Potatoes with Fig Sauce

ACTIVE: 45 min **TOTAL:** 50 min

We double up on the fig flavor with dried figs and jam, but if you don't have any on hand, other jams, like grape or apricot, would be delicious too.

- **1½ pounds fingerling potatoes, halved lengthwise**
- **4 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt plus ¼ teaspoon, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound pork tenderloin, trimmed**
- **1 medium onion, chopped**
- **1 cup low-sodium chicken broth**
- **½ cup chopped dried Mission figs**
- **2 tablespoons balsamic vinegar**
- **1 tablespoon fig jam**
- **4 cups mixed bitter greens, such as watercress and frisée**
- **1 tablespoon lemon juice**

1. Place a large rimmed baking sheet in the oven; preheat to 450°F.

2. Toss potatoes with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Carefully spread in a single layer on the hot baking sheet. Roast for 15 minutes.

3. Meanwhile, heat 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle pork with ¼ teaspoon each salt and pepper and add to the pan. Cook, turning occasionally, until well browned, 6 to 8 minutes total.

4. Flip the potatoes and move them to one side of the baking sheet. Add the pork to the other side (do not wash the skillet). Roast until an instant-read thermometer inserted in the thickest part of the pork registers 145°F, about 10 minutes. Transfer the pork to a clean cutting board and let rest.

5. Meanwhile, add 1 tablespoon oil and onion to the skillet and cook over medium heat, stirring often, until translucent (adjust heat to prevent burning), about 4 minutes. Add broth, figs, vinegar and fig jam and simmer, stirring and scraping up any browned bits, until thickened and reduced, about 10 minutes. Stir in ⅛ teaspoon salt and remove from heat.

6. Slice the pork against the grain. Toss greens with 2 tablespoons of the fig sauce, lemon juice and the remaining 1 tablespoon oil and ⅛ teaspoon salt in a medium bowl. Serve the greens with the pork, potatoes and the remaining sauce.

SERVES 4: 3 oz. pork, ¾ cup potatoes & 1 cup greens each

Cal 483 **Fat** 17g (sat 3g) **Chol** 74mg **Carbs** 52g **Total sugars** 16g (added 2g) **Protein** 30g **Fiber** 7g **Sodium** 543mg **Potassium** 677mg.

RECIPE BY ADAM DOLGE

Pork & Green Bean Stir-Fry

ACTIVE: 20 min **TOTAL:** 20 min

Apricot jam adds just the right amount of sweetness to balance the spicy, salty and umami flavors without turning the sauce into a sugar bomb. Serve with cooked rice to round out the meal.

- ¼ cup apricot jam
- 2 tablespoons reduced-sodium tamari *or* soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons chile-garlic sauce *(see Tip)*
- 1 pound pork tenderloin, trimmed and cut into thin strips
- ¼ cup cornstarch
- 3 tablespoons grapeseed *or* avocado oil
- 12 ounces green beans, trimmed
- ¼ cup thinly sliced scallions, plus more for garnish
- 2 tablespoons toasted sesame seeds

1. Whisk jam, tamari (or soy sauce), sesame oil and chile-garlic sauce in a small bowl. Set aside.

2. Toss pork with cornstarch in a medium bowl until no cornstarch remains at the bottom of the bowl.

3. Heat grapeseed (or avocado) oil in a large flat-bottom wok or cast-iron skillet over medium-high heat until it shimmers. Add the pork and cook, stirring occasionally, until browned and crisp, 6 to 8 minutes. Stir in green beans and continue to cook, stirring often, until the beans are tender-crisp, 3 to 6 minutes. Add the jam mixture and cook, stirring often, until well coated, 30 seconds to 1 minute. Remove from heat and add scallions and sesame seeds. Toss to combine. Sprinkle with more scallions, if desired.

SERVES 4: 1½ cups each

Cal 387 **Fat** 19g (sat 3g) **Chol** 74mg **Carbs** 29g **Total sugars** 12g (added 11g) **Protein** 27g **Fiber** 3g **Sodium** 473mg **Potassium** 686mg.

PHOTO: JOHNNY & CHARLOTTE AUTRY
ILLUSTRATION BY EMMA DIBBEN
RECIPE BY ADAM DOLGE

GET SPICY

Chile-garlic sauce isn't just for stir-fries. Use the coarsely ground blend of red hot peppers, garlic and vinegar just as you would any hot sauce—drizzle over your morning eggs, swirl into a bowl of noodles or stir into a marinade.

Nama-stay Healthy.

Restore balance with the Antioxidant Superpower.

POM Wonderful, the Antioxidant Superpower, has four times more free-radical-fighting antioxidants than the average cup of green tea. Making it the perfect drink to help you reach nirvana.

© 2021 POM Wonderful LLC. All Rights Reserved. POM, POM WONDERFUL, ANTIOXIDANT SUPERPOWER, the accompanying logos, and the Bubble Bottle Design are trademarks of POM Wonderful LLC or its affiliates. PJ210106-04

PAIR IT

The green-pea pesto in this dish pairs well with wines that have grassy notes, such as the 2019 **Loveblock Marlborough Sauvignon Blanc** made by Kim Crawford in New Zealand ($20).

Gnocchi with Pea Pesto & Burrata

ACTIVE: 20 min **TOTAL:** 20 min

Here we pan-fry gnocchi to get them crispy, then coat them with a pesto-like sauce made with sweet peas, spinach, basil and cashews.

- ½ cup cooked peas
- ¼ cup cashews, toasted
- Zest and juice of 1 small lemon
- 1 clove garlic, crushed and peeled
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- 1 cup lightly packed fresh basil
- 1 cup baby spinach
- ¼ cup extra-virgin olive oil plus 1 tablespoon, divided
- 3 tablespoons water
- 1 16-ounce package whole-wheat gnocchi
- 8 ounces burrata cheese
- Pea shoots (optional)

1. Combine peas, cashews, lemon zest, lemon juice, garlic, salt and pepper in a food processor. Pulse until finely chopped. Add basil and spinach; pulse until finely chopped, pausing to scrape down the sides. With the motor running, drizzle in ¼ cup oil and water; process until smooth.

2. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook until starting to crisp and lightly brown, about 3 minutes. Stir and continue cooking until the gnocchi are golden on all sides, 3 to 5 minutes more. Add the pesto and cook, stirring, until hot, about 1 minute. Serve the gnocchi with burrata and pea shoots, if desired.

SERVES 4: 1 cup each

Cal 574 **Fat** 36g (sat 11g) **Chol** 41mg **Carbs** 52g **Total sugars** 2g (added 0g) **Protein** 19g **Fiber** 2g **Sodium** 705mg **Potassium** 122mg.

RECIPE BY BREANA KILLEEN

TRUE TASTE.
NO COMPROMISES.

Inspired by homemade, brought to life with some of
Italy's finest ingredients. Nothing artificial, No sugar added.

VEROGUSTOSAUCE.COM

*See nutritional facts panel for nutritional information. Not a low calorie food.

Vero Gusto
BY BARILLA

Honey-Lime Chicken Tenders with Rhubarb Salsa

ACTIVE: 20 min **TOTAL:** 20 min

These chicken tenders are finished with a honey-and-lime glaze, a perfect foil for the chunky raw rhubarb, bell pepper and onion salsa.

- **2 cups chopped rhubarb, thawed if frozen**
- **1 medium red bell pepper, diced**
- **½ cup finely chopped red onion**
- **1 jalapeño pepper, seeded and minced**
- **¼ cup chopped fresh cilantro**
- **Zest and juice of 2 limes, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons honey, divided**
- **½ teaspoon salt plus ⅛ teaspoon, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound chicken tenders**
- **¼ cup cornstarch**

1. Mix rhubarb, bell pepper, onion, jalapeño and cilantro in a medium bowl. Stir in zest and juice of 1 lime, 1 tablespoon each oil and honey and ¼ teaspoon each salt and pepper. Set aside.

2. Pat chicken dry and sprinkle with ¼ teaspoon salt. Toss the chicken with cornstarch in a large bowl until well coated.

3. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, flipping occasionally, until lightly browned and an instant-read thermometer inserted in the thickest part registers 165°F, 4 to 8 minutes.

4. Combine the zest and juice of the remaining lime and the remaining 1 tablespoon honey in a small bowl. Add to the pan and cook, turning the chicken to coat, until it's glazed, about 1 minute. Sprinkle with the remaining ⅛ teaspoon salt and ¼ teaspoon pepper. Serve with the rhubarb salsa.

SERVES 4: 3 oz. chicken & ¾ cup salsa each

Cal 335 **Fat** 14g (sat 2g) **Chol** 83mg **Carbs** 26g **Total sugars** 12g (added 9g) **Protein** 27g **Fiber** 3g **Sodium** 421mg **Potassium** 704mg.

RECIPE BY ADAM DOLGE

PAIR IT

Good acidity with hints of toasty spice make the medium-bodied **Noble Vines 446 Chardonnay,** Monterey, California ($12), our wine of choice with this chicken.

Crispy Smoked Tofu & Coleslaw Wraps

ACTIVE: 20 min **TOTAL:** 20 min

Tossing the tofu in cornstarch then pan-frying makes it super-crispy. Drizzle with hot honey or your favorite hot sauce to spice it up a little.

- **3 tablespoons mayonnaise**
- **3 tablespoons grapeseed *or* canola oil, divided**
- **1½ tablespoons lemon juice, plus lemon wedges for serving**
- **⅛ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups coleslaw mix**
- **1 scallion, sliced**
- **1 6- to 8 ounce package smoked tofu, cut into ½-inch pieces**
- **1 tablespoon cornstarch**
- **4 whole-wheat wraps**

1. Whisk mayonnaise, 1 tablespoon oil, lemon juice, salt and pepper in a medium bowl. Add coleslaw mix and scallion and toss to coat.

2. Toss tofu with cornstarch in a medium bowl. Heat the remaining 2 tablespoons oil in a medium nonstick skillet over medium-high heat. Add the tofu and cook, stirring occasionally, until crispy and browned, about 5 minutes. Serve the tofu and slaw in wraps, with lemon wedges, if desired.

SERVES 4: 1 wrap each

Cal 488 **Fat** 22g (sat 4g) **Chol** 4mg **Carbs** 46g **Total sugars** 5g (added 0g) **Protein** 15g **Fiber** 4g **Sodium** 844mg **Potassium** 110mg.

PHOTO: JOHNNY & CHARLOTTE AUTRY; ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN

SAVOR THE FLAVOR

Smoked tofu adds a savory goodness to this wrap. If you can't find the smoked variety, any seasoned baked tofu will do the trick.

COZI™

Get *EatingWell* recipes for easy weeknight dinners & 20-minute mains in Cozi, a free meal-planning & organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

Spinach & Artichoke Smothered Chicken

ACTIVE: 20 min **TOTAL:** 20 min

Inspired by artichoke dip, we made a creamy cheese topping to serve on quick-cooking chicken breast cutlets for an oh-so-satisfying meal.

- **1 10-ounce package frozen spinach, thawed**
- **½ cup chopped canned artichoke hearts, rinsed**
- **½ cup shredded Monterey Jack cheese**
- **2 ounces reduced-fat cream cheese, softened**
- **2 tablespoons mayonnaise**
- **1 pound chicken cutlets**
- **½ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **2 tablespoons extra-virgin olive oil**

1. Preheat broiler to high.

2. Squeeze as much water from spinach as possible. Place in a medium bowl and add artichoke hearts, Monterey Jack, cream cheese and mayonnaise. Stir to combine.

3. Pat chicken dry and sprinkle with pepper and salt. Heat oil in a large cast-iron or other oven-safe skillet over medium-high heat. Add the chicken to the pan and cook until browned, 2 to 3 minutes. Flip and cook for 1 minute more.

4. Top the chicken with the spinach mixture. Place the pan under the broiler and broil until an instant-read thermometer inserted in the thickest part of a cutlet registers 165°F and the topping is bubbly, 2 to 3 minutes.

SERVES 4: 7 oz. smothered chicken each

Cal 366 **Fat** 23g (sat 7g) **Chol** 108mg **Carbs** 6g **Total sugars** 1g (added 0g) **Protein** 33g **Fiber** 3g **Sodium** 449mg **Potassium** 656mg.

For more easy chicken cutlet recipes, hover your phone's camera over this smart code.

RECIPE BY ADAM DOLGE

CHEF MILLIE PEARTREE

Peartree has been feeding the community in the Bronx, where she grew up, as a private chef, caterer and restaurant owner of Millie Peartree's Fish Fry & Soul Food (currently closed) for more than a decade. Since the pandemic hit, she's been running Full Heart Full Bellies, a program providing meals to children who rely on free and reduced-cost meals at school. Peartree's healthy eating philosophy is all about making simple but flavorful protein-packed meals, like this salmon bowl.

Jerk-Spiced Salmon & Quinoa Bowl with Mango Vinaigrette

ACTIVE: 40 min **TOTAL:** 50 min

Mango juice in the vinaigrette balances the spiced salmon and roasted vegetables on these grain bowls.

- **1½ pounds skin-on salmon fillet**
- **8 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons jerk seasoning plus 1 teaspoon, divided**
- **1 teaspoon paprika**
- **4 teaspoons lime juice, divided, plus lime wedges for serving**
- **1 pound Brussels sprouts, trimmed and halved**
- **¾ teaspoon kosher salt, divided**
- **¼ teaspoon ground pepper, divided**
- **1 medium butternut squash, peeled and cut into ½-inch cubes**
- **1 large shallot, minced**
- **2 cups low-sodium vegetable *or* chicken broth**
- **1 cup quinoa**
- **¼ cup mango juice *or* nectar**
- **2 tablespoons chopped fresh cilantro**
- **¾ cup dried cranberries, coarsely chopped**

1. Place salmon on a cutting board, skin-side up, and cut into 6 portions. Using a sharp knife, make three ⅛-inch-deep cuts through the skin of each portion. Whisk 1 tablespoon oil, 2 tablespoons jerk seasoning, paprika and 1 teaspoon lime juice in a medium bowl. Rub the mixture on both sides of the salmon. Cover and refrigerate for about 20 minutes.

2. Position racks in upper and lower thirds of oven; preheat to 425°F.

3. Toss Brussels sprouts, 1 tablespoon oil, ¼ teaspoon salt and ⅛ teaspoon pepper on a rimmed baking sheet. Toss squash, 1 tablespoon oil, ¼ teaspoon salt and the remaining 1 teaspoon jerk seasoning on another rimmed baking sheet. Roast the vegetables until lightly browned, stirring and rotating the pans between the racks halfway through, about 20 minutes.

4. Meanwhile, heat 1 tablespoon oil in a medium saucepan over medium-high heat. Add shallot and cook, stirring, until softened, about 2 minutes. Add broth and bring to a boil. Add quinoa, cover and reduce heat to a low simmer. Cook until most of the liquid has been absorbed, 15 to 20 minutes. Remove from heat.

5. When the vegetables are out of the oven, turn broiler to high and line a baking sheet with foil.

6. Place the salmon, skin-side up, on the prepared baking sheet. Broil until the skin is crispy and the flesh is opaque, 8 to 10 minutes.

7. Whisk mango juice (or nectar), cilantro, the remaining 4 tablespoons oil, 3 teaspoons lime juice, ¼ teaspoon salt and ⅛ teaspoon pepper in a small bowl. Serve the quinoa, vegetables and salmon topped with the dressing, dried cranberries and lime wedges.

SERVES 6: 4 oz. salmon, ¾ cup quinoa & ⅔ cup vegetables each

Cal 598 **Fat** 29g (sat 4g) **Chol** 72mg **Carbs** 58g **Total sugars** 21g (added 0g) **Protein** 33g **Fiber** 9g **Sodium** 691mg **Potassium** 1,342mg.

INSET: JENNY HUANG

Discover the unsearchable

Discover the forest

Find a trail near you at
DiscoverTheForest.org

ad COUNCIL

In a Flash

Speed up weeknight cooking with the power of pressure.
By Joy Howard

Old Ways, New Phase The electric pressure cooker is a relatively new invention, but the cooking technique dates back hundreds of years.

How It Works Pressure cookers need liquid and a tight seal to create steam and trap it inside, building pressure in the unit.

Why It's So Fast The increased pressure in the cooker raises the boiling point of water from 212°F to nearly 240°F. This, in turn, super-heats all the other ingredients, causing them to cook more quickly.

INSET: JOE ST PIERRE

Smoky Pinto Bean & Kale Stew with Chicken

ACTIVE: 30 min **TOTAL:** 55 min
EQUIPMENT: Electric pressure cooker
Chipotle chile powder is made from smoked jalapeño peppers that are dried and ground, giving this stew a hint of smoky flavor.

- **1 tablespoon extra-virgin olive oil**
- **1 large onion, chopped**
- **4 cloves garlic, sliced**
- **1 teaspoon ground cumin**
- **½ teaspoon chipotle chile powder**
- **1½ teaspoons salt**
- **4 cups low-sodium chicken broth**
- **1 pound boneless, skinless chicken breast**
- **2 15-ounce cans no-salt-added pinto beans, rinsed**
- **1 large bunch kale, stemmed and torn into bite-size pieces (7 cups)**
- **⅔ cup coarsely chopped fresh cilantro, plus more for garnish**
- **2 tablespoons lime juice**
- **Lime wedges & sour cream for serving**

1. KIDS HELP Heat oil in an electric pressure cooker set to Sauté mode. Add onion and cook until beginning to soften, about 3 minutes. Add garlic, cumin, chile powder and salt and cook until fragrant, about 1 minute. Stir in broth, chicken and beans. Use a wooden spoon to press all the ingredients down into the broth. Close and lock the lid. Cook at high pressure for 8 minutes.
2. Release the pressure manually. Transfer the chicken to a cutting board.
3. KIDS DO Shred the chicken with two forks. Stir the chicken back into the soup along with kale, cilantro and lime juice. Garnish with more cilantro and serve with lime wedges and sour cream, if desired.

SERVES 6: about 2 cups each
Cal 237 **Fat** 4g (sat 1g) **Chol** 42mg **Carbs** 24g **Total sugars** 2g (added 0g) **Protein** 24g **Fiber** 7g **Sodium** 749mg **Potassium** 669mg.

JOY SAYS:
Have heat seekers in your family? Serve this soup with crushed red pepper or hot sauce so they can adjust to their liking.

Coconut Curried Chickpeas

ACTIVE: 30 min **TOTAL:** 30 min

Here, coconut milk adds creaminess while keeping the dish vegan. Serve over basmati rice or with a side of naan.

- **2 tablespoons extra-virgin olive oil**
- **1 small white onion, finely diced**
- **2 teaspoons minced fresh ginger**
- **1 clove garlic, minced**
- **2 teaspoons garam masala**
- **1 teaspoon ground cumin**
- **½ teaspoon ground coriander**
- **¼ teaspoon salt plus a pinch, divided**
- **¼ cup tomato paste**
- **1 14-ounce can reduced-fat *or* light coconut milk *(see Tip)***
- **1 15-ounce can no-salt-added chickpeas, rinsed**
- **1 tablespoon lemon juice**
- **Chopped fresh cilantro for garnish**

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until soft and starting to brown, 3 to 4 minutes. Stir in ginger, garlic, garam masala, cumin, coriander and ¼ teaspoon salt; cook, stirring, for 1 minute. Add tomato paste and cook, stirring, for 30 seconds. Stir in coconut milk and bring to a simmer. Cook, stirring occasionally, until slightly thickened, about 5 minutes. Remove from heat.

2. Puree the sauce with an immersion blender or in a regular blender until smooth. (Use caution when pureeing hot liquids.) Return the sauce to the pot, if necessary, and add chickpeas, lemon juice and the remaining pinch of salt. Sprinkle with cilantro, if desired.

SERVES 4: about ¾ cup each

Cal 303 **Fat** 20g (sat 12g) **Chol** 0mg **Carbs** 24g **Total sugars** 7g (added 0g) **Protein** 7g **Fiber** 5g **Sodium** 480mg **Potassium** 435mg.

SCAN THE CANS

Opting for reduced-fat coconut milk in this recipe adds plenty of richness while saving more than 50 calories per serving compared to regular coconut milk. If you want to cut back even more, choose light coconut milk and you'll save more than 90 calories per serving.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN

An organic way to brighten every dish.

GOYA® Organic Chick Peas.
Real quality for Real-Life Chefs.

Tangy Four Bean Salad

For the Salad:

1 can (15.5 oz.) GOYA® Organic Chick Peas
1 can (15.5 oz.) GOYA® Organic Black Beans
1 can (15.5 oz.) GOYA® Organic Cannellini
1 can (15.5 oz.) GOYA® Organic Pinto Beans
2/3 cup medium red onion, finely chopped
1/2 cup medium tomato, finely chopped
2 tbsp. fresh cilantro, finely chopped
2 tsp. GOYA® Minced Garlic

For the Dressing:

3 tbsp. GOYA® Red Wine Vinegar
1 tsp. sugar
1/2 tsp. GOYA® Crushed Red Peppers
1/2 cup GOYA® Extra Virgin Olive Oil
GOYA® Adobo with Pepper, to taste

For step-by-step instructions, visit goya.com/fourbeansalad

If it's **GOYA** *it has to be good!®*

GOYA® Organic Chick Peas — quality in every bite. These whole, plump and tender garbanzo beans are low in sodium, certified organic and an excellent addition to salads, soups, chilis and more.

©2019 Goya Foods, Inc.

THE RIGHT RIB
We use thick-cut English short ribs in this recipe because they're cut in between the bone, making them meatier than thin-cut flanken-style short ribs. The meat-to-bone ratio varies widely, so choose the meatiest pieces.

Sweet & Spicy Soy-Braised Short Ribs

ACTIVE: 30 min **TOTAL:** 4½ hrs

TO MAKE AHEAD: Prepare sauce (Step 1) and refrigerate sauce and meat separately for up to 2 days. **EQUIPMENT:** 6-qt. or larger slow cooker

The sticky sauce on these ribs, made with tamari (or soy sauce), gochujang, grated pear and honey, is inspired by bulgogi, a staple of Korean barbecue. Don't skip the step of running them under the broiler before serving—it gives the ribs the crisp edges you'd get from grilling. Serve with stir-fried baby bok choy and brown rice to sop up the delicious sauce.

- **¾ cup low-sodium beef broth**
- **⅓ cup reduced-sodium tamari *or* soy sauce**
- **1 Asian pear, grated**
- **1 bunch scallions, cut into 2-inch pieces, plus more for serving**
- **2 tablespoons honey plus 1 teaspoon, divided**
- **2 tablespoons gochujang plus 1 teaspoon, divided**
- **2 tablespoons toasted sesame oil plus 1 teaspoon, divided**
- **2 tablespoons grated fresh ginger**
- **3 cloves garlic, grated**
- **¼ teaspoon salt**
- **4 pounds bone-in beef short ribs (about 6 large; see *Tip*), trimmed**
- **Toasted sesame seeds (optional)**

1. Whisk broth, tamari (or soy sauce), pear, scallions, 2 tablespoons each honey, gochujang and sesame oil, ginger, garlic and salt in a 6-quart or larger slow cooker. Nestle short ribs, meat-side down, into the sauce. Cover and cook on High for 4 hours or Low for 8 hours.

2. Just before serving, preheat broiler to high. Line a rimmed baking sheet with foil.

3. Transfer the short ribs to the prepared pan. Strain the cooking liquid through a fine-mesh sieve into a fat separator, pressing on solids to extract the liquid. Whisk the remaining 1 teaspoon each honey, gochujang and sesame oil in a small bowl. Brush the short ribs with the glaze. Broil until lightly crisped on top, 2 to 3 minutes. Sprinkle with sesame seeds and more scallions, if desired. Serve with the de-fatted cooking liquid, if desired.

SERVES 8: 3 oz. beef each

Cal 211 **Fat** 12g (sat 5g) **Chol** 55mg **Carbs** 5g **Total sugars** 4g (added 2g) **Protein** 19g **Fiber** 0g **Sodium** 249mg **Potassium** 212mg.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY BREANA KILLEEN

For your redefining what ‘guard dog’ means side.

Nationwide® has the best pet insurance for little dogs who think they’re big dogs—and vice versa.

Get a quote for your pet, no matter how small or big.

petinsurance.com • 855-630-7063

For your many sides, there’s Nationwide.®
insurance | investments | retirement

Nationwide®
is on your side

Underwritten by Veterinary Pet Insurance Company (CA), Columbus, OH, an A.M. Best A+ rated company (2019); National Casualty Company (all other states), Columbus, OH, an A.M. Best A+ rated company (2019). Agency of Record: DVM Insurance Agency. Nationwide, the Nationwide N and Eagle, and Nationwide is on your side are service marks of Nationwide Mutual Insurance Company. ©2020 Nationwide. 20CON7651

Bruce and Kate, protected by Nationwide® since 2017

A DELICIOUS WAY TO STEP UP YOUR SNACK GAME

Justin's® BRAND

LIVE A LITTLE NUTTY

VISIT JUSTINS.COM

©2021, Justin's LLC

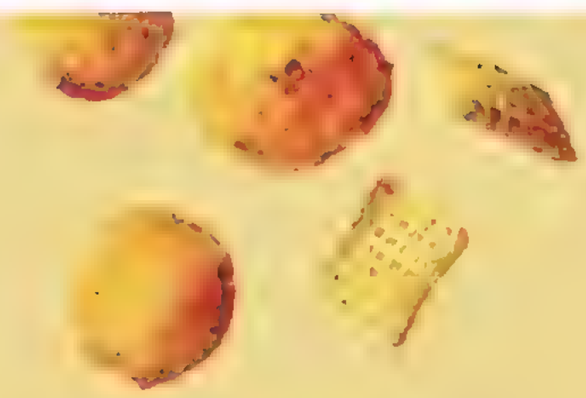
GOOD FOOD FAST

GIVE YOURSELF A BREAK

Photos by Ted & Chelsea Cavanaugh

Master the Mix

Whether you're craving an afternoon nosh or filling lunch boxes, whip up snack mix fast with this formula.



Bowl 'em Over!

Turn bags of pretzels, boxes of cereal and anything else in your pantry into a Chex Mix-style snack with a few flavor punches and a quick spin in the microwave.

By Naomi Tomky

THE FORMULA: Melt 6 Tbsp. of butter in a large microwaveable bowl and stir in **seasonings** *(see below)*.

Add 2 cups of **cereal** *(see below)* and about 2 cups each of two different **crunchy snacks**—varying the texture, size, color and flavor—to the bowl. Add more of big fluffy items like popcorn and less of small, dense ones, such as peanuts.

Toss everything together to evenly coat with the butter mixture and microwave for 4 to 6 minutes, stirring every minute until the mixture is heated through and to make sure nothing is burning. *(Alternatively, to make in the oven: Mix ingredients on a large rimmed baking sheet and toast at 250°F for 45 minutes, stirring every 10 minutes.)*

Seasonings
Use about ¼ cup for sweeteners, 2 Tbsp. for powders and spices, and a scant 1 Tbsp. for liquids.

- Honey
- Maple syrup
- Cheese powder
- Chile-lime seasoning
- Furikake seasoning
- Nutritional yeast
- Ranch seasoning
- Taco seasoning
- Hot sauce
- Soy sauce or tamari
- Worcestershire sauce

Cereal
- Rice Chex
- Wheat Chex
- Corn Chex
- Cheerios
- Kix
- Cornflakes
- Mini Shredded Wheat

Crunchy Snacks
- Cheese puffs
- Popcorn
- Chips
- Crumbled ramen noodles
- Pretzels
- Small crackers
- Nuts

6 SUPER COMBOS

SERVES 16: ¼ cup each
NUTRITION INFO: page 4

California Cooler Ranch: Wheat Chex, almonds, wasabi peas, ranch seasoning

Buffalo: Rice Chex, saltines, Cheez-Its, Buffalo-style hot sauce, garlic powder

Old School Lunch: Kix, peanut butter-stuffed pretzels, potato chips, honey

Super Nacho: Corn Chex, sweet potato chips, cheese puffs, taco seasoning

The College: Rice Chex, crumbled instant ramen noodles, pretzels, furikake seasoning

Childhood Redux: Cheerios, popcorn, Goldfish crackers, chile-lime seasoning

D is for Dinner

These healthy kid-friendly frozen foods help you get a meal on the table in minutes for the ultimate dinner win, win, win. ***By Carolyn Hodges***

Earth's Best Veggie Medley Nuggets
90 cal, 1g protein, 0g fiber, 150mg sodium, <1g sugar (0g added)
Instead of chicken, these vegetarian nuggets are packed with a combo of carrots, green beans, spinach, zucchini and kale. Plus, they're dairy- and gluten-free.

Dr. Praeger's Littles
130-160 cal, 2-3g protein, 1-4g fiber, 200-290mg sodium, 0-7g sugar (0-3g added)
These tater-tot-like dippables in shapes like dinos, stars and bears combine potatoes with other veggies for four different flavors: kale, spinach, broccoli and sweet potato.

Happy Fish Salmon
210 cal, 20g protein, 0g fiber, 565mg sodium, 0g sugar
Fish-shaped salmon fillets make anyone want to eat more of this healthy protein. Made with just salmon, salt and pepper, they cook from frozen in 8 minutes.

Brazi Bites Empanadas
200-230 cal, 6-11g protein, 1-2g fiber, 340-430mg sodium, 0-1g sugar (0g added)
These mini hand pies are perfect for little appetites. Fillings like chickpeas and veggies or chicken and cheese are packed into a flaky gluten-free crust.

Birds Eye Steamfresh Veggie Pasta Spaghetti Style Marinara
160 cal, 8g protein, 2g fiber, 240mg sodium, 3g sugar (<1g added)
Noodles made from zucchini and lentils combine with tomato sauce in this ready-in-minutes meal that's a perfect pairing for meatballs.

Kidfresh Chicken Meatballs
140 cal, 10g protein, 1g fiber, 440mg sodium, 1g sugar (0g added)
Celery, onions and carrots add flavor in these blended meatballs. Plus they've got whole-grain breadcrumbs in the mix for a well-rounded bite.

Cece's Veggie Co Dinos & Cheese
200 cal, 5g protein, 4g fiber, 703mg sodium, 6g sugar (0g added)
Dinosaur-shaped white sweet potato (milder in flavor than its orange counterpart) stands in for pasta, adding fiber and potassium to this kiddo-size heat-and-eat bowl of "mac and cheese."

EatingWell's Own!

Try out our Vermont Cheddar Mac & Cheese. This frozen meal has a creamy cheese sauce but also comes with a full cup of broccoli and pasta made from whole grains: *frozenfresh.eatingwell.com*

Scan this smart code with your phone's camera for a month's worth of healthy dinner ideas for kids.

Plant-Powered Yogurts

Creamy cultured dairy-free cups are filling up the yogurt aisle. We compared the nutrition panels, then tasted 15 different plain varieties (to keep the comparison apples-to-apples). Here's how they stack up. ***By Sara Haas, RD***

THE SUGAR SITUATION

Some plain varieties of dairy-free yogurts have added sugar, anywhere from 1 to 9 grams. Look for ones with no more than 6 grams added sugar per serving (typically 5.3 oz., about ¾ cup).

CALORIE COMPARISON

These yogurts provide anywhere from 70 to 170 calories per serving, so it pays to read the label. Oat-based ones tend to be on the low end, with higher-fat options like coconut-based yogurts at the higher end.

LOOKING FOR PROTEIN

With less than 1 gram and up to 7 grams of protein per serving, none are equivalent to dairy-based yogurt (regular has about 9 grams protein per serving, while Greek has about 16 grams). Soy is the highest-protein option, at 7 grams per serving, but you can always up the protein by topping with nuts or seeds.

CALCIUM, FORTIFIED

Plain, regular and Greek dairy-based yogurts offer about 200-300mg calcium per serving and many plant-based yogurts are comparable. But unlike with cow's-milk versions, these are calcium-fortified. If you are looking for dairy-free yogurt to be a good source of calcium, opt for varieties that supply at least 200 mg calcium (15% Daily Value).

To watch our video of how to make your own plant-based yogurt, scan this smart code with your phone's camera.

EDITOR'S PICK Eating Well

Silk Plain Soymilk Dairy-Free Yogurt Alternative
110 cal, 0.5g sat fat, 7g protein, 260mg calcium, 4g added sugars
The highest-protein option on the list, this choice also has the most dairy-like flavor.

SoDelicious Unsweetened Plain Coconutmilk Yogurt Alternative
80 cal, 5g sat fat, <1g protein, 370mg calcium, 0g added sugars
With a consistency most similar to traditional yogurt, this smooth yogurt has a tropical vibe—try it topped with fruit and granola.

Almond Breeze Original Almondmilk Yogurt
110 cal, 0.5g sat fat, 3g protein, 190mg calcium, 0g added sugars
If almond milk is your dairy-free drink of choice, you'll love it in yogurt form too. It has a silky mouthfeel and slightly sweet flavor.

Follow Your Heart Plain Dairy-Free Yogurt
150 cal, 11g sat fat, 1g protein, 516mg calcium, 1g added sugars
The texture of this mild-flavored coconut-milk-based yogurt is thick and creamy, like Greek yogurt, making it a great pick for frozen treats, smoothie bowls and dips.

Forager Cashewmilk Yogurt Unsweetened Plain
110 cal, 1.5g sat fat, 3g protein, 26mg calcium, 0g added sugars
The cashew base gives this pick a savory slant, making it perfect for culinary uses, such as adding creaminess to sauces, curries or soups.

EatingWell®

FROZEN ENTRÉES

Better Food. See For Yourself.

1 cup of vegetables in every meal

Find us in the freezer aisle

Advertisement

4:32 am	Restless
6:27 am	Exhausted
10:49 am	Stressed
1:45 pm	Loving
3:46 pm	Excited
5:47 pm	Insecure
8:42 pm	Hopeful
11:07 pm	Grateful

OVER 20,000
5-STAR REVIEWS

Your emotions change. That's why MyLife™ offers a personalized mindfulness solution, any time of day.

It all starts with how you're feeling, right now. You'll enjoy a customized experience from over 400 relaxation activities, each one about 10 minutes or less. MyLife delivers exactly what you need — because it always starts with ***you***.

SCAN WITH SMARTPHONE

START A FREE 7-DAY TRIAL.
DOWNLOAD THE APP TODAY.

Download on the App Store | GET IT ON Google Play

my life

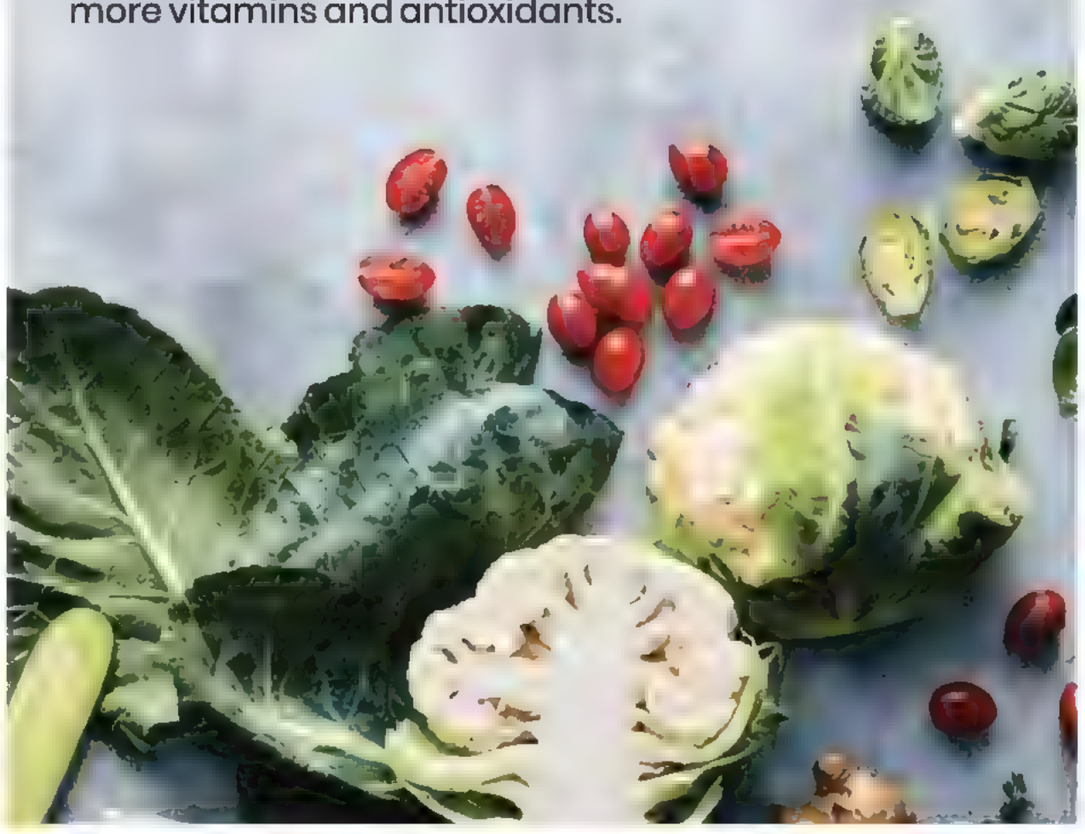
SMART WAYS TO

STEP UP YOUR KITCHEN GAME

Whether you're a beginner or a seasoned pro, we've compiled some of our favorite ingredients, tools and tips to help you become a better cook!

COOK SEASONALLY

In-season produce—kale in fall, tomatoes in summer—tastes far superior to out-of-season produce and has likely traveled a much shorter distance to reach your market. There are nutrition bonuses, too, including more vitamins and antioxidants.



BENEFIT FROM THE HARD WORK OF HONEY BEES

Honey is crafted in nature and honey bees do all the heavy lifting when it comes to making this all-natural sweetener. Inspired by Mother Nature, honey is a natural source of a wide array of vitamins, minerals, amino acids and antioxidants. Plus, honey is up to 50% sweeter than other sugars so you can use less to achieve the same level of sweetness.

Explore the world of honey and bees at **honey.com**.

ADD DEPTH OF FLAVOR WITH TOMATO PASTE

Tomato paste is an essential ingredient to have on hand for soups, stews and sauces. Just a little bit can transform a basic recipe into something really special. Amore Italian Tomato Paste comes in a convenient tube that lets you use just what you need and save the rest in your refrigerator. Bold flavor and less food waste are always a winning combination!

amorebrand.com

Amore®
A little love goes a long way.™

BAKE WITH PRECISION

Successful baking depends on exact measurements. Reynolds Kitchens® Parchment Paper with SmartGrid® is a baker's dream. The gridlines make spacing and cutting easier for more precise results. It's also nonstick, compostable and each sheet can be used up to 3 times per baking session.

reynoldsbrands.com

Reynolds KITCHENS®
Parchment Paper

USE A TIMER

How many times have you trusted yourself to take the nuts out of the oven after 10 or so minutes, but then you forget and burn them? Life has a way of constantly distracting us—we need the "ding."

National Honey Board®

WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

LESLIE GROW, STYLING: LAURA KINSEY DOLPH (FOOD), STEPHANIE HANES (PROPS)

Meet the Game Changers

When EatingWell *was putting together our list of ways to be a better cook (flip the issue to see!), we were also thinking about the tools every home cook should own. The following items—like the knife and sharpener here—will make your time spent over the cutting board or stove that much easier. Turn the page for details.* ***By Lucy M. Clark***

To shop these and more essential kitchen tools, hover your phone's camera over this smart code.

6 So-Worth-It Tools

You won't regret keeping these items in your kitchen.

Misen Chef's Knife, $65, *misen.com*
Without a proper chef's knife, food prep can be miserable. So if you're in need, go for the affordable 8-inch favorite of both our Test Kitchen manager, Breana Lai Killeen, and food editor, Carolyn Malcoun—who rave about how well it handles and its great price. (You really can't find a good chef's knife any cheaper.) Plus, Misen offers a 60-day trial with a free return if you don't love it, and a lifetime guarantee if you do!

J.A. Henckels 2-Stage Manual Knife Sharpener, $18, *zwilling.com*
Once you have the right knife, you'll need to keep it sharp. (A dull knife is a danger to you *and* whatever food you're chopping.) But there's no need to go through the hassle of hiring a sharpening service or to spend big bucks on a fancy electric gadget. This $18 sharpener is our go-to. (Trust us, we've tested all sorts of methods. This. Does. The. Trick.) With both coarse and fine grits and slots for Western and Asian-style blades (which need to be sharpened differently), all of your knives will be covered.

Stoneware Microwave Veggie Steamer, $54, *uncommongoods.com*
We love the convenience of steaming vegetables in the microwave *(see Tip #7, page e8)*. It's so much quicker than doing it on the stovetop, and this handmade crock—which also keeps the veggies warm—can go straight to the table. Way easier than the plastic-wrap-covered-bowl situation we used before. Nope, never going back now.

Nordic Ware Prism Half Sheets, $23 each, *nordicware.com*
These aluminum baking pans are what we keep on hand in the Test Kitchen for everything from cookies to perfectly crisp-tender roasted veggies *(see Tip #6, page e7)*. And that herringbone pattern isn't just for looks: it improves air flow for uniform crisping and easier release when your food is done.

14-Inch Carbon-Steel Flat-Bottom Chinese Wok, $23, *kkdiscount.com*
Our wok of choice is whatever Grace Young—the "Poet Laureate of the Wok"—is using. *(For more of Young's expertise, see Tips #17 and #18, page e16.)* She favors this large carbon-steel model with a flat bottom and a long wood handle to keep your hands safe during high-heat cooking. So, we look no further.

OXO Good Grips Chef's Precision Digital Instant-Read Thermometer, $20, *oxo.com*
This magic wand is one of our most-used tools in the Test Kitchen for taking quick, accurate cooking temps. The pivoting head allows an easy read from any angle, and the probe cover has USDA-recommended temperatures—plus chef-recommended ones, which tend to be slightly lower—for Google-free reference. You're welcome.

LESLIE GROW; STYLING: LAURA KINSEY DOLPH (FOOD), STEPHANIE HANES (PROPS)

MARKETPLACE

NEPTUNE'S HARVEST ORGANIC FERTILIZER

Grow your own nutrient dense food. Increase yield and quality of all crops. Call for FREE SAMPLE to test for yourself.

800-259-4769

www.neptunesharvest.com

Mosaic Puzzles

Beautiful, affordable, wooden jigsaw puzzles. Every piece tells a story. Sure to be fun for the whole family!

Mosaicpuzzles.co/EAT
512-703-0831

Get Rid of Facial Hair Permanently

Hairfree cream works like laser hair removal—in a tube! Wipe-on-wipe-off. Destroys the root - just like a laser! **$10 off + free shipping!** Use Promo Code: **EW34**

Website: **hairfree.tv**

USE O E
E T ELL
25 OFF
T E
L L E
F HE E ' C LLECT ET .
ENROLL ONLINE
Join our community supported fishery to reserve your share of our harvest. You'll get a seasonal assortment of fish and crustaceans harvested with care by our small-boat fishermen and delivered to your door!
RESPONSIBLE HARVEST
Our small-boat fishermen use low-impact gear and your wild seafood is meticulously handled from the moment it's plucked from the North Pacific waters, immediately iced, and blast-frozen for sashimi-grade quality.
FEEL GOOD FISH
We pay our fishermen above-dock prices, which allows them to harvest like craftsmen. Our fish is traceable to the source, and we donate 1% of revenue to causes preserving the wild. That's fish you can feel good about.
SITKA SALMON
SHARES
SITKASALMONSHARES.COM

WIDESHOES.COM

Men's Sizes 5-20 in 3E-8E
Women's Sizes 5-13 in 2E-8E

600+ Styles!
Free Catalog
Hitchcock

800-992-WIDE

Hingham, MA 02043 • dept. EW2103

Great Gardens Start with
DR® Rototillers!

- Bust sod and churn through the most compacted ground
- Prepare seedbeds or till garden waste back into your soil
- Full line includes walk-behinds, tow-behinds, and cultivators

DRrototiller.com

SALE! Plus FREE SHIPPING Limitations apply.
FREE Catalog!
Call Toll-Free
877-201-8885
DR

Who Wants Cake?

This flourless chocolate cake is the perfect decadent treat for your Passover Seder. Or anytime, really. **By Adam Dolge**

Almond Flour Made from finely ground skinless, blanched almonds, almond flour gives this cake a more fudgy consistency than wheat flour, since it's higher in fat. (Don't use almond meal—aka natural almond flour—instead. It's usually coarser and contains almond skins, lending a gritty texture.) Almond flour has the added bonus of keeping our recipe kosher for Passover.

Dark Chocolate This cake is all about the chocolate, so we opt for a 100% cacao variety which only has one ingredient, cacao. A lower percentage, but still dark chocolate, like 70% works but it includes other ingredients—cocoa butter, sugar and in some cases milk solids—so skip that if you're avoiding dairy.

Egg Yolks and Whites We cream the yolks with most of the sugar to provide structure to the cake, and whip the whites with a touch of sugar to add airiness. Stirring a bit of the whipped whites into the thick chocolate base helps lighten the mixture, making it easier to fold in the remaining whites without deflating them.

Pure Almond Extract "Pure" is the key word here. It tells you that the extract is made from the oil of bitter almonds. Almond flavoring, or "imitation" almond extract, on the other hand, is made with synthetic ingredients and tastes more artificial.

Orange Zest Packed with essential oils, the zest of an orange contributes potent flavor to the cake. A Microplane is the best tool for zesting; it gives you the finest shavings and allows you to easily remove the bright orange part of the peel without any of the bitter white pith below.

Flourless Almond Chocolate Cake with Orange

ACTIVE: 35 min
TOTAL: 3¾ hrs (including cooling time)
TO MAKE AHEAD: Refrigerate for up to 1 day.
EQUIPMENT: 9-inch springform pan, double boiler

Arielle Nir Mamiye, culinary director for the Jewish Food Society, confirmed that this cake follows guidelines for Passover and she suggested ohnuts.com *as a great spot to find kosher ingredients. For a nondairy topping, try our recipe for Coconut Whipped Cream on* eatingwell.com.

- **12 ounces 100% cacao chocolate, coarsely chopped**
- **8 tablespoons (1 stick) plant-based *or* regular unsalted butter, cut into small pieces**
- **⅓ cup grapeseed *or* safflower oil**
- **Zest of 1 orange**
- **1 tablespoon instant espresso powder**
- **1 teaspoon pure almond extract**
- **1 teaspoon vanilla extract**
- **½ teaspoon salt**
- **6 large eggs, separated**
- **⅔ cup granulated sugar plus ¼ cup, divided**
- **1 cup almond flour**

1. Preheat oven to 350°F. Generously coat a 9-inch springform pan with cooking spray.
2. Place chocolate and butter in the top of a double boiler over hot, not boiling, water; stir until melted. Remove the top of the pan from the heat and stir in oil, orange zest, espresso powder, almond and vanilla extracts and salt.
3. Whisk egg yolks and ⅔ cup sugar in a large bowl until light and pale, 1 to 2 minutes. Slowly whisk in the chocolate mixture until smooth. Stir in almond flour.
4. Place egg whites in the bowl of a stand mixer fitted with a whisk attachment (or in a large bowl with a hand mixer). Beat the whites on medium-high speed until soft peaks form, about 2 minutes. Reduce speed to medium and slowly add the remaining ¼ cup sugar, 1 tablespoon at a time, then return to medium-high and beat until stiff and glossy, about 1 minute more.
5. Fold one-third of the whites into the batter until blended. Gently fold in the remaining whites with a flexible spatula, a little at a time, just until blended. Scrape the batter into the prepared pan.
6. Bake until the cake is set around the edges and the top is cracked, 40 to 45 minutes. (The middle may jiggle slightly.) Let cool in the pan on a wire rack for 30 minutes. Run a thin-bladed knife around the edges, then release the sides of the pan. Refrigerate the cake until fully cooled, at least 2 hours, before serving.

SERVES 16: 1 slice each
Cal 309 **Fat** 26g (sat 13g) **Chol** 70mg **Carbs** 19g **Total sugars** 12g (added 12g) **Protein** 7g **Fiber** 4g **Sodium** 139mg **Potassium** 28mg.

ILLUSTRATION BY EMMA DIBBEN; PHOTO: CARSON DOWNING; STYLING: KELSEY MOYLAN

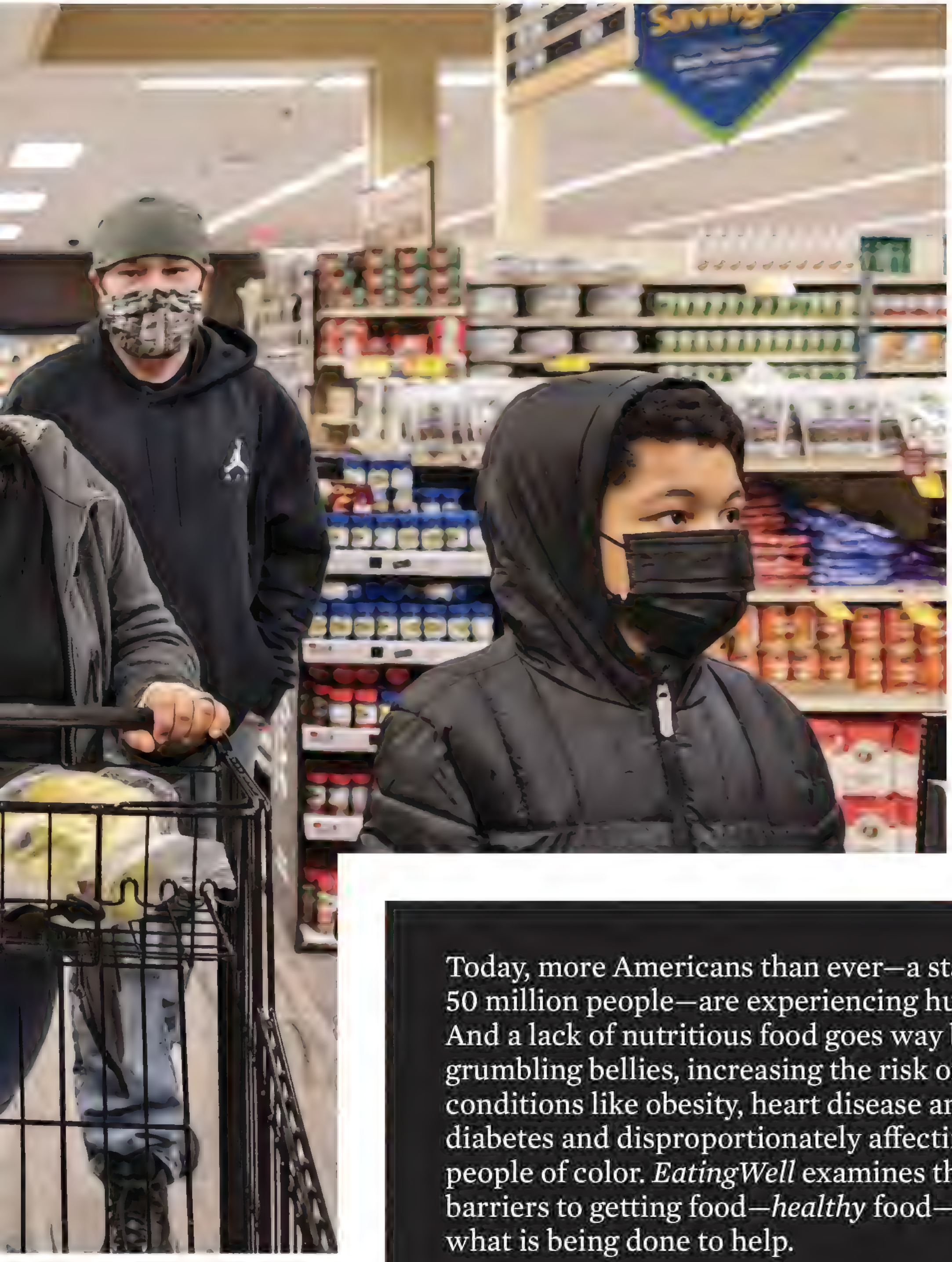
© 2021 Reynolds Consumer Products, LLC.

PERFECT FIT EVERY TIME

Reynolds Kitchens® Parchment Paper makes it easy to fit any size pan.

Let's make it together

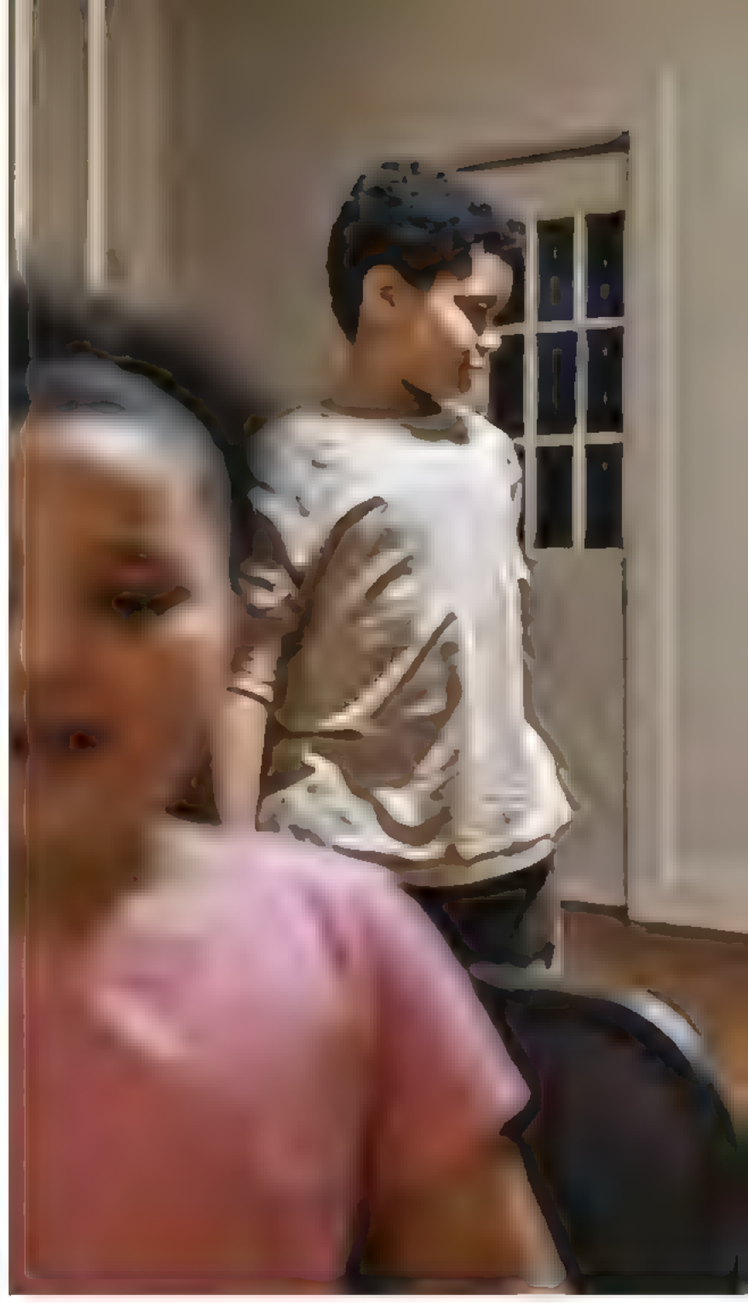
THE REAL COST OF HEALTHY FOOD



PHOTOS BY JOHN STANMEYER

Today, more Americans than ever—a staggering 50 million people—are experiencing hunger. And a lack of nutritious food goes way beyond grumbling bellies, increasing the risk of conditions like obesity, heart disease and diabetes and disproportionately affecting people of color. *EatingWell* examines the barriers to getting food—*healthy* food—and what is being done to help.

BY JANE BLACK



Sometimes, even if you do everything right, it's still not enough. That's how Taché Figueroa feels whenever she goes to the grocery store. Both she and her husband—her high school sweetheart—were forced to leave their jobs when the coronavirus hit last March, and with their four kids at home for breakfast, lunch and dinner, they have just $680 a month in federal food assistance to feed the family.

Making it harder is that Figueroa doesn't want to buy just any food. She wants healthy food. Several years ago, the 31-year-old from Brockton, Massachusetts, was diagnosed with a rare brain disease and it was imperative, her doctor said, that she lose weight. High blood pressure and diabetes run in her family, though so far she has avoided them. And she also worries that one of her daughters—the one with a vicious sweet tooth—is becoming overweight.

The family has long been on a tight budget. Figueroa clips coupons, visits multiple stores to get the best deals, and took a class on making healthy budget recipes that would please the kids. But even before the pandemic—when she worked full time as a personal care assistant and her husband had a job with the local waste management company—she'd run low on money before the end of the month. "I can't tell you how it feels when I go into a store and I only have $50 and 14 more days' worth of food to buy," she says. "I think, 'How am I ever going to make it work?'"

It's a heartbreaking story, and all the more so because Figueroa's situation is anything but unusual. Despite being one of the richest countries in the world, the United States also has one of the largest wealth gaps. The highest-earning 20% of households take in more than 50% of all income, while 34 million live below the poverty line. (And because the federal government defines that as $26,200 a year for a family of four—a benchmark considered too low by some experts—many more families who aren't technically poor still have difficulty getting by.) Black Americans are at a particular disadvantage, with a median household income that is nearly 40% below that of white households. And that was before COVID-19 upended the economy.

In 2020, the number of Americans with food insecurity jumped from an already-whopping 35 million—nearly the entire population of Canada—to a projected 50.4 million, a level not seen since the Great Depression. And again, that dramatic spike did not hit everyone equally. Nearly 4 in 10 Black and Hispanic families struggled to put food on the table when the country shut down last spring—a rate more than double that of white families.

This stark divide fuels disturbing health disparities. A U.S. Department of Agriculture report found that the most food-insecure adults—who tend to have less-balanced, nutrient-poor diets—are 40% more likely to have a chronic health issue, such as diabetes, obesity, heart disease or cancer, than those who are most food-secure. *(See "The Wealth-Health Gap" on page 80.)* As a result, the families that can least afford them face significant additional health care costs. The average annual expenditure on health care for adults facing hunger is $1,834 higher than that of food-secure adults.

Conditions like obesity and diabetes have proved especially dangerous during the pandemic. They're among the underlying issues estimated to increase the chances of dying from COVID-19 from 1.6% (the risk for healthy individuals) to 20%, according to an early surveillance report from the Centers for Disease Control and Prevention. "We thought that a virus doesn't discriminate. Yes it does," says Adam Drewnowski, Ph.D., a professor of epidemiology at the University of Washington and one of the country's leading researchers on social disparities and their impact on diet and health. "It is quite possible that we come out of this pandemic with a gap between the rich and the poor that may not be bridged again."

"I have a running list in my head of what things cost," says Taché Figueroa of meal planning with her family *(left)* and going to multiple stores in different towns to get the best price. "In better neighborhoods, I was finding the better, healthier foods for less," she notes.

The Barriers to a Healthy Diet

That socioeconomic status is intricately linked to health seems intuitive. Less money, less education and limited access to medical care translates to less stability and worse outcomes. But in America, where belief in the power of individual choice is paramount, eating an unhealthy diet has long been viewed as a moral failure.

This is true of both the left and the right, who have used the argument to serve their political agendas. As far back as the 1970s, conservatives argued that federal food assistance, such as food stamps—now known as the Supplemental Nutrition Assistance Program, or SNAP—should only be used to purchase certain foods due to rising rates of obesity among the poor. In 2011, cook and progressive writer Mark Bittman argued, in a still much-cited *New York Times* opinion piece, that junk food is not cheaper than the healthy stuff, as is widely believed. By his calculations, the ingredients for a homemade chicken dinner totaled half of the $28 it cost to buy a family of four dinner at McDonald's. "Taking the long route to putting food on the table may not be easy, but for almost all Americans it remains a choice," he concluded in a plea to embrace cooking at home. "If you can drive to McDonald's you can drive to Safeway."

Yet, the fact is that healthy food *is* empirically more expensive. A recent global study by the United Nations Food and Agriculture Organization shows that, in North America and Europe, a balanced diet that includes both adequate calories and nutrients costs nearly six times more than one that provides just the basic calorie requirements. Meanwhile, there are mountains of studies demonstrating that healthy foods, such as fruits and vegetables and lean meats, are not as available in low-income neighborhoods as affluent ones. Even when they are, they tend to be counterintuitively more expensive than in places where the customers can afford them. What *is* abundant in economically disadvantaged neighborhoods, according to a study published in the *American Journal of Public Health:* fast-food restaurants and convenience stores selling high-calorie, nutrient-poor foods.

THE AVERAGE ANNUAL EXPENDITURE ON HEALTH CARE FOR ADULTS FACING HUNGER IS $1,834 HIGHER THAN THAT OF FOOD-SECURE ADULTS.

Figueroa and her family experience this every day. Fruits and vegetables—the foods you are "supposed" to fill your plate with—are flat-out too expensive. "My kids love grapes," she says. "But at $2.99 a pound, a bag costs $10. It's like, 'Oh my god, not this week, guys.' Fruit is a luxury thing."

She has tried myriad strategies to stretch her budget. For a while, she shopped once a month so she could, in theory, carefully plan out where to spend every penny. But that limited her ability to buy fresh produce, which wouldn't last four weeks in the fridge. Then she started shopping weekly. But the occasional splurge on, say, strawberries, meant she'd end up short on funds and have to rely on frozen pizzas or corn dogs to make it through the end of the month. Figueroa tried buying food at the local dollar store, too, but found that the only items she could afford were exactly the kind she was trying to avoid. "The junk food is what is cheap in those stores," she says. "You will find a $1 box of crackers, but it's filled with sodium. You will find your kid a meal, but it's full of sodium. Meanwhile, the only vegetables are these individually portioned frozen ones that cost $5."

These frenzied efforts to provide sustenance are what Feeding America, the nation's largest network of food banks, calls "coping strategies." More than half of its clients use three or more of these strategies at any one time: 40% water down food or drinks to make them last longer; 53% receive help from friends; and 35% sell or pawn personal property. But the No. 1 coping mechanism, at 79%, is purchasing inexpensive or unhealthy foods.

Beyond the high sticker price of nutritious foods, there are other, hidden costs.

Time is one. The ingredients for Mark Bittman's chicken

dinner may indeed cost less than a meal at McDonald's, but you also have to shop, cook—and know how to cook—and clean up too. A Tulane University analysis concluded that it would take at least *16 hours* a week to prepare a menu of the thrifty, healthy meals recommended by the USDA (not including shopping or cleanup)—up to three times as many hours as the average working woman spends in the kitchen. (And yes, it's still women who do most of the cooking.) In other words, Drewnowski says, if you're poor, you can either cook healthy food or have a paying job outside the home, but not both: "Perhaps the time has come to acknowledge that most people eat the foods affordable to them; that is, they make the best of the options available."

Another obstacle is the fear of waste. Or to put it another way: What if you spend your budget on healthy food and the kids won't eat it? That is the dilemma that Autumn O'Brien, a single, 44-year-old mom in Minneapolis, faces on a regular basis. O'Brien works in human services, and her salary is too high for her to qualify for federal food assistance. But by the time she pays her mortgage, child care and other bills, there's not much left over. She often visits food pantries to close the gap.

O'Brien's 4-year-old, Brycen, is a picky eater, the kind of kid who will not eat chicken that isn't breaded. (Though when he does, he removes the breading from the chicken and eats them separately.) A plate with vegetables on it—with the exception of potatoes in fry or tot form only—is all but a declaration of war. "I don't waste $3 or $4 on something he might not eat when I could spend it on something else," she says.

The Food Desert Myth

For struggling families who do qualify for assistance, increasing the money provided through SNAP is one way to help. But it's also politically fraught. And so over the last decade, public health officials have championed the idea—palatable on both sides of the aisle—of improving access to healthy food by incentivizing supermarkets to put new locations in disadvantaged areas, and getting bodegas and convenience stores to carry more than just a few browning bananas. Ending so-called food deserts was one of the pillars of First Lady Michelle Obama's "Let's Move" campaign to end childhood obesity. "If you build it, they will come" was the rallying cry.

But a growing body of research suggests that there is actually little to no relationship between the proximity of stores that sell healthy food and improved health outcomes. A 2017 study published in the *American Journal of Health Promotion* found that a year after the opening of a new supermarket in an underserved South Bronx neighborhood, residents did not report a significant change in fruit or vegetable consumption or overall dietary quality; a Minnesota analysis of that state's food sales concluded that poor health outcomes were more strongly linked to poverty than to the distance of a well-stocked grocery store. In other words, affordability was the primary barrier to nutritious foods, not availability. A stinging critique of food-desert policies in the *Fordham Urban Law Journal*—titled "Let Them Eat Kale"—determined that despite their failures, "Support for these interventions has nonetheless continued to grow—obscuring underlying issues and detracting from more effective strategies."

Janet Poppendieck, Ph.D., a professor emerita at Hunter College and the author of several books on hunger, agrees. "Fundamentally, food insecurity is an income problem, not a food problem," she says. "People go hungry because they cannot afford to purchase adequate food. And even when they can buy sufficient calories, many cannot afford the foods that promote health."

Drewnowski set out to prove exactly that five years ago with a

RACE, HUNGER AND INCOME INEQUALITY

Black and Hispanic people in the U.S. earn significantly less than white people and are more than twice as likely to be food-insecure.

RACE	POVERTY RATE	RATE OF FOOD INSECURITY
White	7.3	7.9
Asian	7.3	9.5
Hispanic	15.7	15.6
Black	18.8	19.1

SOURCE: U.S. CENSUS BUREAU, 2019; USDA ECONOMIC RESEARCH SERVICE, 2019

THE WEALTH-HEALTH GAP

The numbers tell an unfortunate truth: as income goes down, health issues—from heart disease to diabetes—go up across the board.

Annual Household Income	Obesity	Heart Disease	Hypertension	Diabetes	10 or More Doctor Visits Annually	Self-Reported Fair or Poor Health Status
Less than $35,000	34.5%	15.6%	34%	15.1%	16.7%	24.2%
$35,000-$49,999	35.3%	13.9%	30.3%	12.1%	14.3%	15.7%
$50,000-$74,999	36.6%	12.5%	29.4%	10.8%	14.1%	11.9%
$75,000-$99,999	30.9%	11.3%	25%	8.4%	13.8%	7.6%
$100,000 or more	25.6%	8.6%	20%	6.3%	11.9%	4.6%

SOURCE: CDC NATIONAL CENTER FOR HEALTH STATISTICS, 2018

DINNER ON A SHOESTRING

Maya Feller, M.S., RD, CDN, of Brooklyn-based Maya Feller Nutrition, has worked with many low-income families and is well-versed in the realities of putting food on the table that is healthy, tastes good, isn't time-prohibitive and is affordable. Checking off all those boxes is not an easy task—as you'll see here. Feller breaks down some of the common go-to meals her clients eat, along with cost-conscious homemade options she suggests.

MEAL #1: Banquet Salisbury Steak Deep Dish Pot Pie

"For those who are strapped for cash, inexpensive frozen meals like this pot-pie seem like an economical way to fill a belly," says Feller. "They tend to be priced significantly lower than freshly prepared ones, but are notorious offenders for serving up higher-than-recommended amounts of fat and sodium per serving."

Cost/serving: $1.10
Nutrition:
Calories: 410
Protein: 8g
Sat Fat: 8g
Sodium: 860mg
Carbs: 45g
Dietary fiber: 3g
Total sugars: 4g
Prep time:
4-5 minutes

MEAL #2: McDonald's McDouble

"The vast majority of fast food is made with ultra-processed ingredients—specifically refined grains, added sugars, synthetic fats and salt. Contrary to popular belief, these meals are not satiating," says Feller. "BIPOC communities have a disproportionate concentration of retailers selling fast and processed foods. The presence of these eateries is directly linked to the higher rates of chronic disease that they experience."

Cost/serving: $1.39
Nutrition:
Calories: 400
Sat Fat: 9g
Sodium: 920mg
Carbohydrate: 33g
Dietary fiber: 2g
Total sugars: 7g
Protein: 22g
Prep time:
None

MEAL #3: Homemade Trinidadian Pelau

"Pelau is a hearty dish that can be prepared in big batches and enjoyed over time," says Feller.

Cost/serving: $1.34
Nutrition:
Calories: 646
Protein: 28g
Sat Fat: 9g
Sodium: 752mg
Carbohydrate: 74g
Dietary fiber: 7g
Total sugars: 13g
Total time:
35 minutes

MEAL #4: Homemade Tuna Casserole

"Cooking at home requires kitchen tools, a working stove and oven, a functional fridge and freezer, as well as cooking skills and time. To create a nutritious meal, basic health literacy is also required," says Feller. All pretty big hurdles. "A traditional tuna casserole provides both protein and carbohydrates to keep you full, and is kid-friendly and easy to make, though it takes some time to prepare," she adds.

Cost/serving: $1.61
Nutrition:
Calories: 474
Protein: 30g
Sat Fat: 5g
Sodium: 728mg
Carbohydrate: 61g
Dietary fiber: 5g
Total sugars: 4g
Total time:
35 minutes

MEAL #5: Homemade Veggie Grilled Cheese with Tomato Soup

"Adding veggies to a classic sandwich—in this case, broccoli, zucchini and red bell pepper—boosts the nutrient-density of the meal," says Feller. "Many families worry that this will result in food refusal and waste, so I recommend starting with one that is already accepted in a small quantity and branching out. It's about balancing the familiar with something new." She adds that the low-income people she works with often need to keep per-serving costs around $1—so while this may be more nutritious than some other options, it's more expensive and is high in sodium from the canned soup.

Cost/serving: $1.88
Nutrition:
Calories: 472
Protein: 17g
Sat Fat: 11g
Sodium: 1,075mg
Carbohydrate: 55g
Dietary fiber: 7g
Total sugars: 19g
Total time:
25 minutes

COST PER SERVING IS BASED ON AVERAGE NATIONWIDE PRICES AS OF PRESS TIME.

LESLIE GROW; STYLING: LAURA KINSEY DOLPH (FOOD), STEPHANIE HANES (PROPS); STUDIO; PROPLINKLA

NUTRITION AT A PRICE

Public health researcher Adam Drewnowski conducted a study that ranked foods by their nutrient density, cost and other factors. Perhaps not surprisingly, many of the foods considered most nutritious, such as vegetables and fruits, were far more expensive per serving than ultra-processed ones high in salt, sugar and unhealthy fats. The difference in cost might appear small, but Drewnowski explains, "It really adds up when you consider strained budgets and the need to feed a whole family every day." Take a look.

Food	Cost Per Serving*	
Eggs	**.10**	**An affordable protein source compared to the others.**
Cooked Cereals (oatmeal, etc.)	.15	
Beans, Nuts & Seeds	.17	
Cakes, Cookies & Pies	**.17**	**The least nutritious category on the list—and also one of the cheapest.**
Milk	.17	
White Bread & Rolls	.17	
Crackers & Salty Snacks	.18	
White Potatoes	.18	
Fruit	.20	
Milk Desserts (like ice cream)	.22	
Ready-to-Eat Cereals	.22	
Vegetables (fresh, frozen, canned)	**.23**	**Veggies are around 35% pricier per serving than some of the less costly items here.**
Cheese	.25	
Citrus Juices	.30	
Lunch Meats, Sausages	.33	
Chicken	.50	
Ground Beef	.52	
Yogurt	.64	
Fish	.83	**Fish and shellfish ranked among the healthiest foods. And they're the most cost-prohibitive.**
Beef Steak	.90	
Shellfish	**1.61**	

*NATIONAL AVERAGES PER THE 2010 STUDY **SOURCE:** DREWNOWSKI, "THE NUTRIENT RICH FOODS INDEX HELPS TO IDENTIFY HEALTHY, AFFORDABLE FOODS." *AM J CLIN NUTR* 2010·91

series of studies that mapped, block by block, what Seattle residents ate and how it affected their health. The first study tracked the consumption of salad versus soda—proxies for a healthy or unhealthy diet. Next, he looked at overall diet quality, and then obesity rates, which were as much as 600% higher in poor neighborhoods than wealthy ones. In every case, the greatest predictor of health—more than age, gender or race—was the value of someone's home. "People are very uncomfortable with that," Drewnowski admits. "It all comes back to socioeconomic status." Or, as Alexandria Ocasio-Cortez, the Democratic congresswoman for New York City's 14th District, tweeted during the early days of the COVID-19 pandemic last spring: "The chronic toll of redlining, environmental racism, wealth gap, etc. ARE underlying health conditions. Inequality is a comorbidity."

Providing Better Food for All

It was a cool, sunny October morning, just after 9 a.m., when Rose arrived at the Storehouse food pantry in downtown Albuquerque. She had never been to one before. She had never needed one, until the pandemic.

As a public school teacher, Rose, who requested a pseudonym for privacy, hadn't lost her job. But she felt compelled to leave. Her own children, 8 and 6, required supervision while learning at home—and in September both of her elderly parents contracted the virus and also needed care. Downtown that morning, many of the shops were closed, but there was already a line of some 30 people, all standing 6 feet apart, at the Storehouse. When a worker rolled up a shopping cart full of 100 pounds of food—quick oats, lentils, spaghetti, chicken breasts, burger patties and several bags of fruit—Rose began to cry. "I used to judge others who got free food," she says. "Now I'm one of them. This isn't a place where I ever thought I would be."

Forty percent of Americans who visited a food bank or pantry since last March were first-timers, according to Feeding America. The skyrocketing need has added urgency to longtime calls to provide greater resources and flexibility for existing programs, such as SNAP. In December, Congress temporarily raised SNAP benefits by 15% as part of the latest relief package. The pandemic has also encouraged a slew of retailers to allow shoppers to use SNAP benefits online (in some cases with free delivery), a move that could make it easier to find affordable healthy foods that may not be available in their neighborhoods. But the pandemic has also pushed policymakers as well as doctors and farmers to consider new, and in some cases more radical, plans to tackle economic inequality.

Take universal basic income—touted by Andrew Yang during his run for the 2020 Democratic presidential nomination—a concept that is gaining ground. Last April, a University of Chicago nationwide survey reported that a majority of young adults of all races, ethnicities and political parties supported a universal basic income that would give every American a monthly stipend no matter their income or employment status. In the fall, a majority of Democrats in both houses of Congress endorsed a monthly child allowance—an expansion of the tax credit families can take—as part of a COVID relief package. Columbia University researchers estimated that the plan would have lowered overall child poverty by 49%. (It did not pass.)

> IT ANGERS ME THAT NOT ONLY MY FAMILY IS GOING THROUGH THIS, BUT OTHERS. SO MUCH WASTE IS OUT THERE AND WE CAN'T HAVE A SIMPLE MEAL.
>
> –TACHÉ FIGUEROA

Still, there's increasing evidence that such measures work. A landmark report from the National Academy of Sciences concluded that subsidizing the incomes of poor U.S. families, on average, leads to better health among their children—along with more schooling and higher earnings as adults. Basic income pilots are underway in Stockton, California; St. Paul, Minnesota; and Jackson, Mississippi. "When you have economic security and a consistent amount of income coming in that allows you to support yourself, your well-being improves. There is increasing evidence that shows this," says Sarah Berger Gonzalez, program manager for the Basic Income Lab at Stanford University.

Programs focused on health care are also making nutritional assistance a more central part of their efforts. Kaiser Permanente's Food for Life program, for example, is studying the benefits of offering free medically tailored meal deliveries to recently discharged patients and their families in California, Colorado and Oregon. Meanwhile, a program called Produce Prescriptions, created by the nonprofit Wholesome Wave in 2010, enables doctors to prescribe fresh fruits and vegetables to their patients along with the money to pay for them. And the program's results are clear: a 14-month study in New York City showed that more than 80% of participants increased their fruit and vegetable consumption and 28% lost a significant amount of weight during the program. Even more important, says Michel Nischan, Wholesome Wave's founder, the idea of incentivizing healthy eating is becoming normalized: since 2014, the Farm Bill has allocated $20 million a year to boost SNAP dollars spent on fruits and vegetables at farmers' markets and retail stores.

One of the most impressive demonstrations of how health outcomes can improve when fresh food is affordable and accessible is health care provider Geisinger's Fresh Food Farmacy program, designed for patients with diabetes and other diet-responsive conditions. Patients who enroll receive clinical treatment and educational support for their diabetes, plus free healthy food for themselves and their family. In 2016, Rita Perkins, now 55, was one of the first to sign up. She was overweight, hovering near 200 pounds at just 5-foot-3, and had long struggled with diabetes. "I'd get real tired, and I'd get the shakes really bad when my sugar was low," Perkins, who lives in Kulpmont, Pennsylvania, remembers.

Within two years, her weight dropped to 140 pounds and her A1C, a key measure of glucose in the bloodstream, had gone from a dangerous 13.8% to a healthy 5.9%. For comparison, a diabetes drug is considered successful if it reduces a patient's A1C by 1 percentage point.

Fresh Food Farmacy now serves nearly 1,200 patients a week in western Pennsylvania and plans to expand the model in partnership with community-based organizations, according to Allison Hess, vice president for health at Geisinger's Steele Institute for Health Innovation. Not only does it improve health and alleviate food insecurity, it makes economic sense, she says, for patients *and* for the company's bottom line. Research indicates that for every one-point reduction in A1C levels, hospitals could save between $8,000 and $12,000 per patient annually. On average, program participants see their A1C levels fall by two points.

It's an obvious win-win. If food-is-medicine programs like Fresh Food Farmacy are widely embraced, they might begin to move the needle on socioeconomic health disparities. But closing the divide requires a more fundamental philosophical shift: a shrugging off of the national myth of equal opportunity and an acceptance that inequality, and its dire health consequences, cannot be solved by individuals alone. There must be systemic change too.

Such a transformation will not come easily. But if there's any silver lining to the tragedy of the coronavirus pandemic, it may be that today many more Americans understand what it's like to experience food insecurity—or know someone who has. After all, familiarity breeds compassion. It could, over time, help build a movement for change. "Prior to COVID, it was 'they' and 'we.' '*They* need it. *We* don't,'" says Swarupa Watlington, executive director of Albuquerque's Storehouse food shelf. "Now the 'they' might be a business owner who was forced to shut down, or your neighbor who needs food. There's more empathy that you could be in that situation. And you think: 'Why not have access to the healthiest food possible?'"

JANE BLACK *is a Washington, D.C.-based writer who covers food politics and sustainability.*

Continue to next page

advertisement

INGREDIENTS FOR THE GOOD LIFE

EatingWell®

PLANET EARTH'S ESSENTIAL WORKERS

The Sweetness of **SUSTAINABILITY**

HONEY: A One-Ingredient Wonder

THE BUZZ Around Honey Bees

National Honey Board®

advertisement

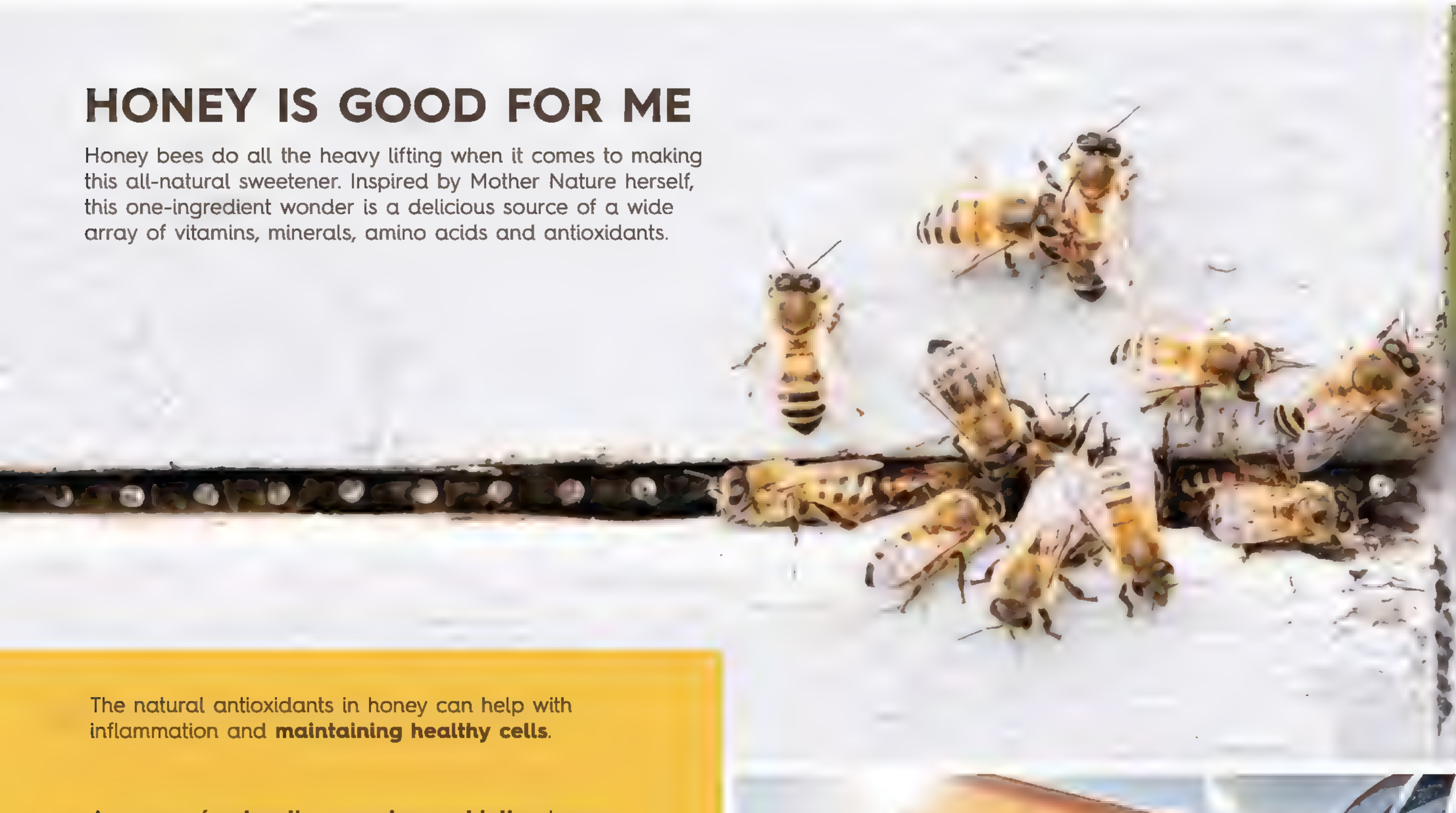
PLANET EARTH'S ESSENTIAL WORKERS

Honey is just one of honey bees' naturally sweet gifts, but their contributions hardly end there.

Honey bees are essential to the ecosystem, providing us with amazing honey and supporting the planet's food supply through pollination. Small but mighty, the benefits of hard-working honey bees extend well beyond the hive.

HONEY IS GOOD FOR ME

Honey bees do all the heavy lifting when it comes to making this all-natural sweetener. Inspired by Mother Nature herself, this one-ingredient wonder is a delicious source of a wide array of vitamins, minerals, amino acids and antioxidants.



The natural antioxidants in honey can help with inflammation and **maintaining healthy cells**.

A source of **naturally occurring prebiotics**, honey can also benefit gut health.

Honey is up to **50% sweeter** than other sugars, so you can use less to achieve the same level of sweetness.

National Honey Board®

Explore the world of honey and bees at **honey.com**

HONEY IS GOOD FOR THE PLANET

Always hard at work for Planet Earth, honey bees naturally transform nectar from flower blossoms to create the golden goodness that is honey, while also making many of the foods we eat possible. Honey bees contribute to **pollinating one-third of the global food supply**. So, the next time you drizzle honey, chop an apple, dice almonds, toss tomatoes or sauté garlic, give a nod to the essential honey bee!

Bees **pollinate more than 90 different agricultural crops**, including avocados, blueberries, Brussels sprouts, carrots, citrus, cucumbers, melons, squash and many other fruits and vegetables.

Who knew being environmentally conscious could be so delicious?

HONEY LOVE IS BEE LOVE

Whether you add a drop or a drizzle, using honey is a smart choice with added benefits for Planet Earth. When you buy honey, you're supporting beekeepers and their ability to keep healthy bees. You're also making an all-natural choice that supports the environment and all the busy little bees that make our food world go around.

Enjoy the work of the essential honey bee with **two honey recipes on page e22**!

26

ways to be a

Better Cook

These days many of us are cooking a whole lot more often, whether we want to or not. So we figured it was a great time to talk to some of our most trusted contributors as well as our Test Kitchen team about how to up your cooking cred. This highly opinionated and absolutely not complete list of **tips, tricks, techniques, nutrition advice and recipes** is the result. It will not teach you *everything* you need to know about healthy cooking. But it does have a payoff: more delicious meals with a lot less effort.

By **JESSIE PRICE & CAROLYN MALCOUN**

Photography **EVA KOLENKO**

Styling **DAN BECKER & NATASHA KOLENKO**

Illustrations **EILI-KAIJA KUUSNIEMI**

1

Keep knives sharp.

Cooking can feel like a chore if it takes too long to chop up all those healthy vegetables. We asked blogger Katie Webster of *healthyseasonalrecipes.com* what her timesaving advice is for prepping. "You need a good chef's knife—they're designed to cut through food easily. And keep your knives sharp. It makes a world of difference. Either take them to a pro or use a handheld sharpener." *(See page 71 for our knife, sharpener and other kitchen equipment recommendations.)* When it comes to your cutting board, go big. "Make sure it's at least 15 by 20 inches so you have plenty of room to work," says Webster. "Put a piece of sticky shelf liner or a damp towel underneath to keep it from slipping, and work from left to right—using the left side to cut, then pushing the prepped food to the right. (Lefties, do this in reverse.) That way, you're giving your dominant side room to work. When you have the right tools and setup, you'll be amazed at how much more efficient you are."

2 Plan meals around produce.

THERE'S NO SINGLE WAY TO CRAFT A HEALTHY MEAL, but our best general advice is this: shift your mindset to think about fruits and vegetables first, not protein. Load up half your plate with produce—a colorful variety is the key to making sure you get a broad range of vitamins, minerals and other nutrients. Add a small serving of whole grains, usually ½ to 1 cup, that takes up about a quarter of your plate. Whole-grain bread, pasta, crackers and tortillas count as well as unrefined grains like whole-wheat couscous, brown rice, bulgur and farro. Then fill the remaining quarter with protein—no dinner-plate-size T-bones, please! Seafood, poultry, lean beef and pork are good options, or go vegetarian with beans, tofu, legumes, eggs, plant-based "meats," quinoa, nuts and seeds. And, finally, work in calcium-rich foods throughout your day: milk, yogurt, cheese, dark leafy greens and calcium-fortified dairy alternatives all fit the bill.

For veggie-packed dinners in 30 minutes or less, scan this smart code with your phone's camera.

3 EAT SALAD FOR BREAKFAST.

Another surefire way to get your daily quota of veg? Swap your a.m. oatmeal for a big bowl of greens. This gorgeous breakfast salad is from Maya Feller, M.S., RD, CDN. In her Brooklyn, New York, nutrition practice, Feller works with patients to reduce their risk of chronic diseases by implementing a whole-foods diet. "When layered with a variety of ingredients, heart-healthy fats and proteins, breakfast salads are the perfect way to start the day," she says.

Breakfast Salad with Smoked Salmon & Poached Eggs

ACTIVE: 25 min **TOTAL:** 25 min

- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard
- ⅛ teaspoon ground pepper, plus more for serving
- 8 cups water
- 1 tablespoon distilled white vinegar
- 2 large eggs
- 2 heads Little Gem lettuce, torn, *or* 4 cups mixed salad greens
- 1 head Treviso *or* radicchio, torn (4 cups)
- 1 small fennel bulb, thinly sliced
- 2 radishes, thinly sliced
- 1 cup chopped fresh dill
- 1 cup fresh parsley leaves
- 2 ounces thinly sliced smoked salmon
- Ground cumin (optional)

1. Whisk lemon juice, oil, cider vinegar, mustard and pepper in a large bowl.

2. Combine water and white vinegar in a large saucepan and bring to a boil. Reduce heat to a bare simmer. Gently stir in a circle so the water is swirling around the pot. Crack eggs, one at a time, into the water. Cook until the whites are set but the yolks are still runny, 3 to 4 minutes. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain for a minute.

3. Add lettuce (or salad greens), Treviso (or radicchio), fennel, radishes, dill and parsley to the dressing; toss to coat. Serve the salad topped with salmon and the eggs. Sprinkle with cumin and more pepper, if desired.

SERVES 2: 3 cups salad, 1 oz. salmon & 1 egg each
Cal 439 **Fat** 35g (sat 6g) **Chol** 193mg **Carbs** 18g **Total sugars** 6g (added 0g) **Protein** 15g **Fiber** 6g **Sodium** 475mg **Potassium** 929mg.

4

Sweeten green smoothies with pineapple juice.

USE JUICE RATHER THAN ADDED SUGAR, such as honey or maple syrup, to balance the bitter taste of greens and suddenly you have a serving of vegetables that tastes like dessert. Of course, you can use any juice without added sugar, including apple or orange, for example. But the relaxing-poolside flavor of pineapple combined with the ready-to-go convenience of the small, shelf-stable cans makes this our fave.

Pineapple Green Smoothie

ACTIVE: 5 min **TOTAL:** 5 min

Combine ¼ cup each **pineapple juice** and **water** in a blender. Add 2 cups **baby spinach** and ½ cup each **frozen mango** and **frozen pineapple chunks.** Puree until very smooth.

SERVES 1: 1⅓ cups

Cal 151 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 35g **Total sugars** 25g (added 0g) **Protein** 4g **Fiber** 5g **Sodium** 91mg **Potassium** 310mg.

RECIPE BY DEVON O'BRIEN

5

Make canola & EVOO your go-tos.

We use a wide variety of oils in the Test Kitchen, but we reach for these two most. Why? Canola has one of the lowest amounts of saturated fat and highest levels of heart-healthy omega-3 fatty acids among cooking oils. Plus it's affordable, has a neutral flavor and its high smoke point is ideal for roasting. (Opt for organic if you want to avoid GMOs.) Olive oil is predominantly made up of monounsaturated fats and has been linked with improved heart health. It has a lower smoke point and bolder flavor than canola, so we use it for lower-heat cooking and drizzling over grains and vegetables.

6 Space out roasting vegetables.

We all know that the most hands-off way to make vegetables delicious is to roast them. But what we sometimes overlook is how to do it properly. If you just heap them onto a sheet pan, you'll get a sad pile of steamy sogginess. The key to irresistibly caramelized results is to make sure each piece is spaced out so there's plenty of room for the oven's hot air to circulate around them. Use two pans if you need to!

Here's the most basic way to do it: Preheat oven to 450°F. Prepare the vegetable of your choice *(see chart)*, making sure to keep pieces about the same size so they cook evenly. Toss with 4 tsp. **oil,** ½ tsp. **salt** and ¼ tsp. **pepper.** Stir once halfway through roasting. MAKES: 4 servings

VEGETABLE	HOW TO PREP	COOKING TIME
Asparagus 2 lbs.	Snap woody ends	10-15 min
Beets, Turnips 1½ lbs.	Trim and peel; cut into 1-inch wedges	20-25 min
Broccoli, Cauliflower 1 lb.	Cut florets into 1-inch pieces	10-15 min
Brussels sprouts 1 lb.	Trim; halve small ones (quarter large ones)	15-20 min
Cabbage 1½ lbs.	Core; cut into 1-inch pieces	15-20 min
Carrots, Parsnips 1½ lbs.	Slice ¼ inch thick	20-25 min
Fennel 2 large bulbs	Core; cut into ¼-inch-thick wedges	25-30 min
Green beans 1 lb.	Trim stem ends	15-20 min
Potatoes, Sweet potatoes 1½ lbs.	Cut into 1-inch pieces	20-30 min
Summer squash, Zucchini 1 lb.	Trim; quarter and slice ¼ inch thick	15-20 min
Winter squash 2 lbs.	Peel and seed; cut into 1-inch pieces	25-35 min

7 Steam vegetables in the microwave.

RIGHT UP THERE WITH ROASTING, THIS IS ONE OF THE EASIEST WAYS to make a side of vegetables. Simply put prepped veggies in a microwave-safe container, add 2 Tbsp. water, cover and push a couple of buttons. (Cook whole potatoes and sweet potatoes directly on the turntable.) Plus microwaving cooks veggies quickly, which helps them retain nutrients. Score!

VEGETABLE (1 lb. untrimmed)	HOW TO PREP	COOKING TIME (on High)
Artichokes	*(See step-by-step, opposite.)*	8 min
Asparagus	Snap off tough ends	3 min
Beets	Peel; slice ¼ inch thick	10 min
Broccoli, Cauliflower	Cut into 1-inch florets	4 min
Brussels sprouts	Trim; halve large ones	6 min
Carrots	Slice ⅛ inch thick	3 min
Green beans	Trim stem ends	4 min
English peas	Shell if fresh	2 min
Snow & snap peas	Trim stem ends	2 min
Potatoes, Sweet potatoes	Prick all over with a fork	8-12 min
Summer squash, Zucchini	Trim; slice ¼ inch thick	3 min
Winter squash	Halve and seed	10-15 min

Make aioli for dipping: Mix ½ cup **mayonnaise**, 2 Tbsp. chopped fresh **basil**, 1 **garlic** clove (grated), 1 tsp. grated **lemon zest** and **pepper** to taste. **SERVES 8**

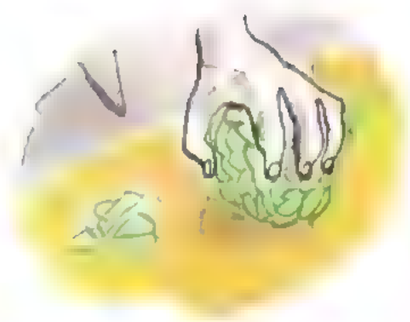
NUTRITION INFO: PAGE 4

8

Dethorn the artichoke first.

Why are we singling out artichokes? Because you should really be eating more of them. Not only are they full of prebiotic fiber that helps maintain a healthy gut, but artichokes also have a good amount of vitamin C, potassium and folate. And they're in season right now. Here's how to handle them.

- Using a sharp knife, cut off the top ½ inch of the artichoke.

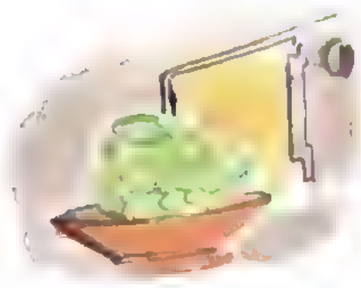


- Remove the small, tough outer layer(s) of leaves from the stem end and snip any spiky tips from the rest of the outer leaves using kitchen shears.

- Trim ½ to 1 inch from the stem end. Peel the stem if fibrous.

- Rub the whole artichoke, especially the cut portions, with a lemon half to prevent the artichoke from turning brown too quickly.

- Place the artichokes in a microwave-safe container. Add 2 Tbsp. water. Cover and microwave on High for 8 minutes.

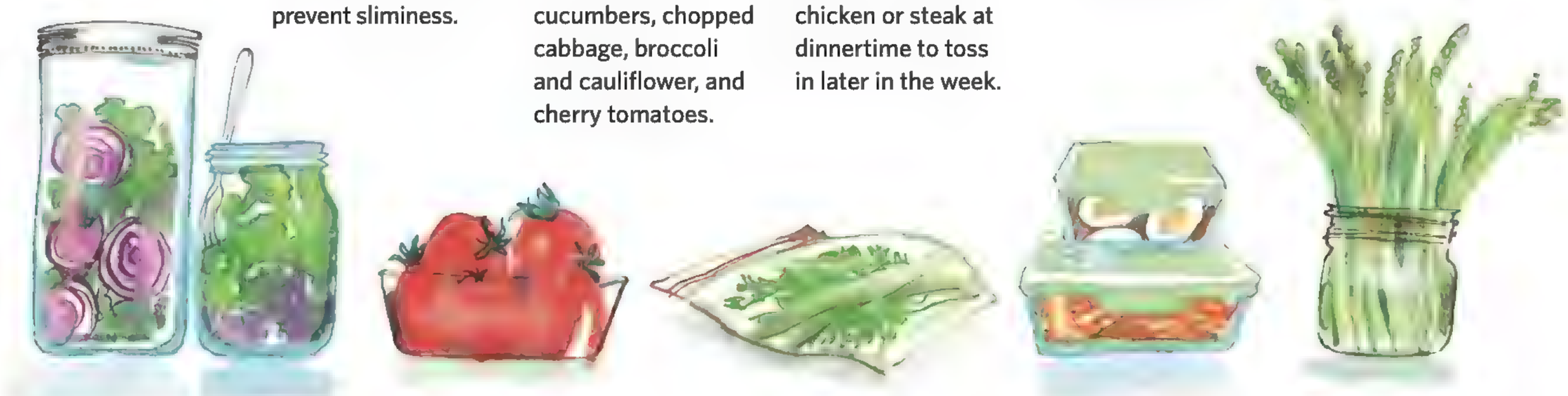


9 Stock your fridge with a salad bar.

MAKE SURE YOU HAVE NO EXCUSE TO SKIP SALAD by having plenty of prepped ingredients so you can throw one together in seconds. Here's the strategy:

- Prepackaged greens make tossing up a salad a snap. Or make your own: Buy a few heads of lettuce, wash and store in a sealable container with a couple of paper towels to wick away moisture and prevent sliminess.
- Have at least 5 other veggies prepped and ready to go. Think: shredded beets and carrots (cover with a damp paper towel to keep them from drying out), sliced radishes, onions and cucumbers, chopped cabbage, broccoli and cauliflower, and cherry tomatoes.
- Keep protein on hand to add staying power and make your salad a meal. Canned beans or fish, cottage cheese, baked tofu and hard-boiled eggs are all good options. Or cook some extra chicken or steak at dinnertime to toss in later in the week.
- Stock your pantry with croutons, fried onions, roasted chickpeas, seeds and nuts to add crunch.
- Make a large batch of dressing to last through the week (*see #10, below*).

For a collection of our favorite salad recipes, scan this smart code with your phone's camera.



10 Combine 1 part acid with 1.5 parts oil for vinaigrette.

While a 1-to-2 ratio is common, shifting it to 1-to-1½ yields a dressing with a brighter flavor and fewer calories. That means for every ½ cup of acid, such as vinegar or lemon juice, use ¾ cup of oil. Here's a good all-purpose take on the formula: Combine ¾ cup **extra-virgin olive oil,** 5 Tbsp. **red-wine vinegar,** 3 Tbsp. **lemon juice,** 1½ Tbsp. **Dijon mustard,** 1 **garlic** clove (grated), ¾ tsp. **salt** and **pepper** to taste in a jar with a tight-fitting lid. Shake until well blended. Refrigerate for up to 1 week; olive oil solidifies in the fridge, so let stand at room temperature for a bit before serving.

MAKES: 1½ cups

RECIPE BY CAROLYN MALCOUN; NUTRITION INFO: PAGE 4

11

Reduce food waste by making soup.

Before you go food shopping each week, go through your fridge and pull out any produce that's starting to look sad but is still good, as well as any leftover bits and pieces (looking at you, half a bell pepper!). You're likely to find enough to make this delicious pot of soup.

Clean-Out-the-Fridge Vegetable Soup

ACTIVE: 25 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

This recipe is purposefully flexible so you can incorporate just about any veggie into it. Top with a dollop of pesto and/or a sprinkling of Parmesan cheese. Recipe by Carolyn Casner.

- **3 tablespoons extra-virgin olive oil**
- **½ cup chopped onion**
- **3 cloves garlic, minced**
- **1 teaspoon ground cumin**
- **1 teaspoon smoked paprika**
- **1 teaspoon dried thyme**
- **3 cups cubed hard vegetables, such as potato, carrot, sweet potato, winter squash, turnip *and/or* rutabaga**
- **2 cups thinly sliced green cabbage**
- **1 cup soft vegetables, such as cubed zucchini *or* bell pepper, halved green beans, broccoli *or* cauliflower florets *and/or* corn kernels**
- **4 cups low-sodium vegetable *or* chicken broth**
- **1½ tablespoons tomato paste**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **4 cups chopped stemmed dark leafy greens, such as kale *or* chard**
- **2 teaspoons sherry vinegar**

1. Heat oil in a large pot over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add garlic, cumin, paprika and thyme; cook, stirring, until fragrant, about 30 seconds. Add hard vegetables and cook, stirring, for 2 minutes. Add cabbage and soft vegetables; stir to coat.

2. Add broth, tomato paste, salt and pepper; increase heat to high and bring to a boil. Stir in greens, then reduce heat to maintain a simmer. Partially cover and cook until the vegetables are soft, 17 to 20 minutes. Remove from heat and stir in vinegar.

SERVES 4: 1¾ cups each

Cal 211 **Fat** 11g (sat 2g) **Chol** 0mg **Carbs** 26g **Total sugars** 7g (added 0g) **Protein** 4g **Fiber** 6g **Sodium** 513mg **Potassium** 708mg.

12

Cook wheat berries in bulk.

We all know we should be eating more fiber—most Americans get only about half of the recommended daily 25 to 30 grams. One of our favorite sources? Wheat berries. They have amazing texture—they practically pop in your mouth like caviar—and each ½-cup serving of cooked wheat berries has more than 4 grams of fiber. Since they take up to an hour to get tender, make them in a large batch and freeze whatever you don't use right away in individual servings. (You can do the same thing with any whole grain!) That way, you can easily stir them into soup, season them with citrus and herbs for a pilaf or make them the base of a satisfying grain salad.

Wheat Berry, Chickpea & Feta Salad

ACTIVE: 25 min **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate cooked wheat berries (Step 1) for up to 3 days or freeze for up to 3 months. Refrigerate salad for up to 3 days.

- **3 cups wheat berries**
- **⅓ cup extra-virgin olive oil**
- **⅓ cup red-wine vinegar**
- **2 tablespoons minced shallot**
- **2 teaspoons pure maple syrup**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **1 15-ounce can no-salt-added chickpeas, rinsed**
- **½ cup sliced celery**
- **½ cup crumbled feta cheese**
- **⅓ cup golden raisins**
- **⅓ cup sliced scallions**
- **⅓ cup toasted chopped walnuts**

1. Fill a large pot with water and add wheat berries. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer; cover and cook until tender, 50 to 60 minutes. Drain. Spread the wheat berries on a rimmed baking sheet to cool, about 30 minutes.

2. Whisk oil, vinegar, shallot, maple syrup, salt and pepper in a large bowl. Add 3 cups cooled wheat berries (reserve remaining 4 cups for another use), chickpeas, celery, feta, raisins, scallions and walnuts. Toss to combine.

SERVES 8: ¾ cup each

Cal 456 **Fat** 17g (sat 3g) **Chol** 8mg **Carbs** 67g **Total sugars** 7g (added 1g) **Protein** 14g **Fiber** 13g **Sodium** 379mg **Potassium** 414mg.

RECIPE BY BREANA KILLEEN

13

Bake with whole-grain flours.

NOT ONLY WILL YOU GREATLY INCREASE THE FIBER CONTENT (whole-wheat has nearly four times more fiber than all-purpose, for example), but you'll add more potassium, magnesium and zinc to what you're baking. If you want to add whole-grain flour to a family favorite, start small. "Most baked goods can withstand a 50-50 ratio of whole grains to all-purpose flour," says Charlotte Rutledge, testing kitchen manager at King Arthur Baking Company. "That said, beginning with 25% to 30% will help you see if you'll need to make tweaks to the other ingredients in the recipe." For instance, whole-grain flours can be more absorbent, so if the resulting baked good is dry, you can increase the liquid next time. Give any open bags of whole-grain flour a sniff, and pitch any that smell funky or sour. "Since whole-grain flour contains the germ and bran, it can go rancid more quickly and whatever you bake with it will taste bitter," she says. Store whole-grain flours in your refrigerator or freezer to keep them fresh.

Irish Soda Bread

ACTIVE: 15 min **TOTAL:** 1 hr 35 min
TO MAKE AHEAD: Store tightly wrapped at room temperature for up to 2 days.
This recipe from King Arthur Baking Company is just the thing to bake up for St. Patrick's Day.

- **2¼ cups white whole-wheat flour**
- **1¼ cups all-purpose flour**
- **3 tablespoons granulated sugar**
- **1 teaspoon baking soda**
- **¾ teaspoon salt**
- **4 tablespoons (½ stick) cold butter, cut into 8 pieces, plus 1 tablespoon melted (optional)**
- **⅔ cup currants *or* raisins**
- **1 large egg**
- **1⅓ cups buttermilk, plus more as needed**

1. Preheat oven to 400°F. Coat an 8- or 9-inch round cake pan with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, sugar, baking soda and salt in a medium bowl. Using a pastry blender or your fingers, work in cold butter until it's evenly distributed and no large chunks remain. Stir in currants (or raisins).
3. Whisk egg and buttermilk in a small bowl. Gradually add to the dry ingredients, stirring until the flour is fully incorporated. The dough will be stiff; if it's too crumbly to squeeze together, add another tablespoon or two of buttermilk. Knead the dough a couple of times to make sure it's holding together, then shape it into a ball. Flatten slightly and place in the prepared pan. Use a sharp knife to cut a ½-inch-deep cross on the top of the loaf.
4. Bake the bread until golden brown and a toothpick inserted in the center comes out clean, 45 to 55 minutes. Brush the top with melted butter, if desired. Let cool on a wire rack for at least 30 minutes before slicing.
SERVES 12: 1 slice each
Cal 208 **Fat** 5g (sat 3g) **Chol** 27mg **Carbs** 37g **Total sugars** 10g (added 3g) **Protein** 6g **Fiber** 3g **Sodium** 309mg **Potassium** 163mg.

Crispy Oven Fries

ACTIVE: 15 min **TOTAL:** 1 hr

- **8 cups water**
- **1 tablespoon cider vinegar**
- **1¼ teaspoons salt, divided**
- **1½ pounds russet potatoes, scrubbed**
- **3 tablespoons extra-virgin olive oil**

1. Place a rimmed baking sheet in the oven; preheat to 425°F. Combine water, vinegar and 1 teaspoon salt in a large pot and bring to a boil over high heat.

2. Cut potatoes into ½-inch-thick sticks. Add to the pot, reduce heat to medium and cook just until starting to become tender, 8 to 10 minutes.

3. Carefully remove the potatoes to a clean kitchen towel with a slotted spoon. Gently pat dry, then transfer to a medium bowl and toss with oil. Carefully spread the potatoes in a single layer on the hot baking sheet. Bake, flipping halfway through, until golden and crispy, 30 to 40 minutes.

4. Transfer the fries to a paper-towel-lined bowl. Let rest for 2 minutes. Remove the paper towels and sprinkle the fries with the remaining ¼ teaspoon salt. Serve immediately.

SERVES 4: 1 cup each

Cal 197 **Fat** 7g (sat 1g) **Chol** 0mg **Carbs** 31g **Total sugars** 1g (added 0g) **Protein** 4g **Fiber** 2g **Sodium** 228mg **Potassium** 710mg.

RECIPE BY ADAM DOLGE

CLASSIC FRENCH FRIES get their crispy exterior and pillowy soft interior thanks to a dunk or two in hot oil. The trick for achieving the same craveable results minus the deep fryer is to boil cut-up potatoes in salted, acidulated water prior to putting them into the oven. Yes, it's an extra step, but it's worth it. The salt helps extract excess moisture from the potatoes while the vinegar strengthens the exterior and helps the fries hold their shape. The result? Crispy on the outside and creamy on the inside.

15

Pound chicken breasts to even them out.

This boneless, skinless part of the bird often gets cooked to dry disappointment. The reason has a lot to do with its shape: one end is much thicker and wider—and takes longer to cook—than the other. Take a moment to pound the thicker end until it's the same thickness as the center to ensure more even cooking and juicy meat.

16

MEMORIZE THIS PICCATA SAUCE.

This luscious, lemony sauce is an all-around winner in our book. It has a bright, briny flavor, is made from ingredients you likely have on hand, and goes with everything from chicken to tofu to scallops. Bonus: It's lower in calories than a lot of other pan sauces.

Chicken Piccata

ACTIVE: 20 min **TOTAL:** 20 min

- **1¼ pounds boneless, skinless chicken breasts, trimmed**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **1 medium shallot, minced**
- **3 cloves garlic, minced**
- **2 teaspoons all-purpose flour**
- **½ cup low-sodium chicken broth**
- **½ cup dry white wine**
- **2 tablespoons lemon juice**
- **1 tablespoon butter**
- **1 tablespoon capers, rinsed**
- **2 tablespoons chopped fresh parsley**

1. Remove tenders from chicken and reserve for another use. Place the chicken breasts between 2 pieces of plastic wrap and gently pound with a meat mallet, rolling pin or small skillet to an even thickness of about ½ inch. Pat the chicken dry and sprinkle with salt and pepper.

2. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until well browned on both sides, 6 to 8 minutes. Continue to cook, flipping often, until an instant-read thermometer inserted in the thickest part registers 165°F, about 3 minutes more. Transfer to a clean cutting board and tent with foil to keep warm.

3. Reduce heat to medium and add shallot to the pan. Cook, stirring often, until softened, 1 to 2 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and wine, scraping up any browned bits. Simmer until reduced by half, 3 to 5 minutes. Remove from heat and stir in lemon juice, butter, capers and parsley. Serve the chicken with the sauce.

SERVES 4: 3 oz. chicken & 3 Tbsp. sauce each

Cal 264 **Fat** 13g (sat 4g) **Chol** 70mg **Carbs** 7g **Total sugars** 1g (added 0g) **Protein** 24g **Fiber** 0g **Sodium** 382mg **Potassium** 330mg.

RECIPE BY ADAM DOLGE

17 Season your wok well.

The surface of a well-seasoned wok becomes more nonstick the more you use it, which allows you to cook with less oil. Yes, there are nonstick varieties, but most shouldn't be used over high heat (which is what stir-frying is all about). Instead, choose a carbon-steel wok with a flat bottom and a long wood handle.

Here's how Grace Young, author of *The Breath of a Wok,* recommends seasoning it. (If your wok needs a "touch-up," follow these steps too.)

- Scrub a new wok, inside and out, with dish soap and a scouring pad. Rinse and repeat several times, then dry thoroughly.
- Heat the wok over high heat until a bead of water vaporizes within 1 to 2 seconds. Swirl 2 Tbsp. vegetable oil into the pan. Add ½ cup sliced fresh ginger and 1 bunch scallions cut into 2-inch pieces.
- Reduce heat to medium and stir-fry the mixture, pressing it up the sides of the wok as you go.
- Keep stir-frying and pressing the seasonings all over the wok for about 15 minutes. Remove from heat and let cool. (Discard the scallions and ginger.)
- Wash the wok with hot water and a soft sponge. Place over low heat until the water has evaporated, 1 to 3 minutes.

To clean your wok after cooking, don't use soap or put it in the dishwasher. Simply wash it with hot water and a soft sponge, then place over low heat until the water has evaporated, 1 to 3 minutes. If there's any hard-to-release food, fill the wok with an inch or so of hot water and let soak for 10 minutes to loosen the food first.

Stir-Fried Shrimp & Sugar Snap Peas

ACTIVE: 25 min **TOTAL:** 25 min

- **⅓ cup low-sodium chicken broth**
- **1 tablespoon dry sherry**
- **2 teaspoons reduced-sodium tamari *or* soy sauce**
- **1½ teaspoons chile-garlic sauce**
- **1 teaspoon cornstarch**
- **2 tablespoons peanut *or* other neutral-flavored vegetable oil, divided**
- **1 tablespoon minced garlic**
- **1 tablespoon minced fresh ginger**
- **1 pound raw shrimp (21-25 per pound), peeled, deveined and patted dry**
- **2 cups sugar snap peas, trimmed**
- **½ teaspoon salt**
- **2 scallions, thinly sliced**

1. Whisk broth, sherry, tamari (or soy sauce), chile-garlic sauce and cornstarch in a small bowl. Set next to the stove.

2. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon oil, then add garlic and ginger and stir-fry until fragrant, about 10 seconds. Push the mixture to the sides and carefully add shrimp, spreading evenly into one layer. Cook undisturbed for 1 minute. Then stir-fry the shrimp, incorporating the garlic and ginger, until the shrimp just begin to turn pink but are not cooked through, about 30 seconds.

3. Swirl in the remaining 1 tablespoon oil. Add sugar snap peas and salt; stir-fry until just combined, about 30 seconds. Whisk the reserved broth mixture and swirl it into the pan. Stir-fry until the shrimp are just cooked and the sugar snaps are tender-crisp, 1 to 2 minutes. Sprinkle with scallions.

SERVES 4: 1 cup each
Cal 185 **Fat** 7g (sat 1g) **Chol** 159mg **Carbs** 7g **Total sugars** 3g (added 0g) **Protein** 22g **Fiber** 2g **Sodium** 541mg **Potassium** 321mg.

18 SEAR, DON'T STEAM, WHEN YOU STIR-FRY.

WHEN YOUNG TALKS ABOUT THE FUNDAMENTALS OF STIR-FRYING, much of her advice boils down to keeping things hot. Her tips: Preheat your wok over high heat until a bead of water vaporizes within 1 to 2 seconds. (Sometimes the water will roll around like a bead of mercury on a newly seasoned wok instead of vaporizing. Another way to tell if your wok is hot enough: hold your hand 2 inches away from the bottom. Does it feel like a hot radiator? You're ready to stir-fry.) Swirl in a high-smoke-point oil like peanut, grapeseed or canola. (If the oil smokes wildly, the wok is overheated. Let it cool, pour out the oil, wash the wok and start over.) Listen for sizzling as you cook, which indicates the wok is hot enough. And avoid overfilling, which can turn your crisp stir-fry into a soggy braise. When it's time to add the sauce, pour liquid ingredients down the edge of the wok to prevent it from cooling down.

19

Roast two chickens, not one.

It takes about the same amount of time and you can pop the second chicken in the fridge to use over the next few days. Your future self will thank you for skipping a trip to the store to grab a rotisserie bird—saving you not only time but at least 50 mg of sodium per serving, depending on where you get yours from.

Garlic-Thyme Roasted Chickens

ACTIVE: 30 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 4 days.

- **2 tablespoons chopped fresh thyme**
- **2 cloves garlic, minced**
- **2 tablespoons extra-virgin olive oil**
- **1½ teaspoons kosher salt**
- **1 teaspoon ground pepper**
- **2 4- to 5-pound whole chickens, giblets removed**
- **1 lemon, halved**

1. Preheat oven to 450°F. Line a baking sheet with foil. Place a wire rack on top and coat it with cooking spray.
2. Mix thyme, garlic, oil, salt and pepper in a small bowl. Rub the mixture all over the chickens, under the skin and over the breast and thigh meat. Place 1 lemon half in the cavity of each chicken. Place the chickens, breast-side up, on the prepared rack, preferably not touching each other.
3. Roast the chickens for 45 minutes.
4. Reduce oven temperature to 425°. Rotate the pan from back to front and continue roasting until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 165°F, 10 to 15 minutes more. (Be sure to check the temperature of each chicken. One might be done before the other.) Transfer to a clean cutting board; let rest for 10 minutes before carving.
SERVES 12: 3 oz. each
Cal 209 **Fat** 10g (sat 2g) **Chol** 87mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 28g **Fiber** 0g **Sodium** 324mg **Potassium** 245mg.

20

Repurpose chicken bones to make stock.

We're not saying you always need to make your own broth (we keep our pantries stocked with the boxed kind), but since you've got the bones from two carcasses, you might as well! It's so easy to do, tastes better than store-bought and fills your home with the aroma of comfort. If you don't have time to make stock right away, just freeze the bones for another day.

Easy Chicken Stock

ACTIVE: 25 min **TOTAL:** 4½ hrs (including cooling time)

TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 3 months.

- **Carcasses from 2 roast chickens**
- **12 cups water**
- **1 large onion, cut into chunks**
- **1 large carrot, cut into chunks**
- **1 large stalk celery, cut into chunks, plus leaves from the bunch**
- **6 cloves garlic**
- **8 sprigs fresh parsley**
- **6 sprigs fresh thyme *or* 1 teaspoon dried**
- **1 bay leaf**
- **½ teaspoon whole peppercorns**
- **½ teaspoon salt**

1. Break each carcass into 3 or 4 pieces; place in a large pot. Add water, onion, carrot, celery and leaves, garlic, parsley, thyme, bay leaf, peppercorns and salt. Bring to a simmer over high heat. Reduce heat to maintain a gentle simmer and cook, uncovered and skimming occasionally, for 3 hours.

2. Strain the stock through a fine-mesh sieve or colander into a large bowl, pressing on solids to extract as much liquid as possible. (Discard the solids.) Skim fat from the stock, if desired. If not using immediately, cool the stock quickly by placing the bowl into a larger bowl or sink of ice water, for 1 hour. Refrigerate overnight and skim any remaining fat, if desired.

MAKES: 7 cups

Analysis note: After straining and skimming, stock has negligible calories and nutrients *(see page 4)*.

RECIPES BY BREANA KILLEEN

21

Stop guessing when your meat is done.

SERIOUSLY! Why would you risk the ick factor, not to mention the food-safety factor, of serving up raw chicken? If you don't already have one, do yourself a favor—buy an instant-read thermometer. To use it properly, insert it into the thickest part of the meat without touching any bones. The USDA recommends the minimum safe internal temperatures as follows: 145°F for beef, lamb, pork and veal (except ground meats, which should be cooked to 160°) and 165° for all poultry. People who are very young or old or who have compromised immune systems should stick to this advice. We find that the recommendations for beef, lamb, veal and duck often yield overdone results, so here are our suggestions.

MEAT	DONENESS	TEMPERATURE
Beef, Lamb & Veal	Rare	115°
	Medium-rare	125°
	Medium	130°
Duck	Medium	150°

22

Spice liberally.

Because they add flavor without sugar, sodium or saturated fat, spices are a healthy cook's best asset. And by simply changing up which ones you use—or playing with different combinations—you can make a favorite recipe fresh again. This recipe is adapted from Asha Gomez's latest book, *I Cook in Color.* The Atlanta chef strategically layers spices in three additions for more complex flavor.

Yellow Split Pea Sambar with Turnip, Eggplant & Okra

ACTIVE: 35 min **TOTAL:** 1 hr

In Kerala in southern India, this classic stew is eaten at just about every meal. It's typically enjoyed for breakfast with idli (steamed rice cakes) or dosa (rice crêpes). For lunch and dinner, it's eaten with steamed rice and fish curry or braised beef dishes. Sambar powder is a mixture that includes coriander, fenugreek, cumin, black peppercorns, red chiles and asafetida. Find it at Indian markets or online.

- **3 tablespoons ghee, divided**
- **1 teaspoon cumin seeds**
- **1 teaspoon ground turmeric**
- **1 large onion, chopped**
- **2 cloves garlic, smashed**
- **4 cups water, divided**
- **½ cup yellow split peas (toover dal) *or* red lentils**
- **1¼ teaspoons kosher salt, divided**
- **2 large plum tomatoes, quartered**
- **1 cup diced Yukon Gold potatoes**
- **1 cup diced turnip**
- **1 cup diced eggplant, preferably Japanese**
- **12 okra pods, halved lengthwise**
- **1 tablespoon sambar powder *(see above)***
- **1 teaspoon tamarind paste**
- **1 teaspoon brown mustard seeds**
- **6 dried whole red chiles**
- **½ cup chopped fresh cilantro**

1. Heat a large pot over medium heat. Add 1 tablespoon ghee and cumin seeds. Cook until fragrant, about 1 minute. Add turmeric and onion and cook, stirring, until the onion is translucent, about 3 minutes. Add garlic and cook, stirring, for 1 minute. Add 3 cups water, split peas (or lentils) and 1 teaspoon salt; stir. Bring to a boil. Cover and reduce heat to medium-low. Cook until the split peas (or lentils) are soft but still hold their shape, 20 to 25 minutes.

2. Meanwhile, heat a large skillet over medium-high heat. Add 1 tablespoon ghee, then add tomatoes, potatoes, turnip, eggplant, okra and sambar powder. Stir in tamarind paste; mix well. Add the remaining 1 cup water and ¼ teaspoon salt. Cook, stirring occasionally, until almost all the liquid has evaporated, about 15 minutes (the vegetables don't have to be cooked through).

3. Add the vegetable mixture to the pot. Cook, uncovered and stirring occasionally, until the vegetables are tender, about 15 minutes. Remove from heat.

4. Heat a small skillet over medium-high heat. Add the remaining 1 tablespoon ghee, mustard seeds and chiles. Cook until the mustard seeds start to pop, 30 to 60 seconds. Pour the mixture into the sambar. Stir in cilantro.

SERVES 6: about 1 cup each

Cal 190 **Fat** 8g (sat 5g) **Chol** 20mg **Carbs** 25g **Total sugars** 5g (added 0g) **Protein** 6g **Fiber** 8g **Sodium** 433mg **Potassium** 406mg.

23 *Stock these 5 pasta ingredients.*

Sure, there are those nights when a jar of marinara and a box of spaghetti are exactly the right call. But for an immediate upgrade with hardly any extra effort, follow the advice of chef Lidia Bastianich. "Pasta, anchovies, olive oil, breadcrumbs and garlic are always in my pantry," she says. "I cannot think of a more delicious and satisfying pasta dish than this recipe made with those ingredients. It warms me from the inside out any time of year."

Spaghetti with Anchovies & Breadcrumbs

ACTIVE: 25 min **TOTAL:** 25 min

Breadcrumbs on pasta are known in Italy as the poor man's cheese and they are often used instead for lactose-sensitive individuals. This treatment is quite popular in the southern regions of Italy, such as Sicily, Calabria and Basilicata.

- **8 cups water**
- **3 tablespoons extra-virgin olive oil, divided**
- **⅓ cup coarse fresh whole-wheat breadcrumbs**
- **1½ teaspoons salt**
- **8 ounces whole-wheat spaghetti**
- **6 good-quality oil-packed anchovy fillets, drained**
- **2 cloves garlic, thinly sliced**
- **⅛-¼ teaspoon crushed red pepper *or* 1 dried Calabrian chile, crumbled**
- **2 tablespoons chopped flat-leaf parsley**

1. Bring water to a boil in a large pot.
2. Heat 1 tablespoon oil in a small skillet over medium-low heat. Add breadcrumbs and cook, stirring frequently, until light golden and crisp, about 5 minutes. Set aside.
3. Add salt, then spaghetti to the boiling water. Cook according to package directions until al dente.
4. Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add anchovies and garlic and cook until the anchovies dissolve into the oil and the garlic is golden, 2 to 3 minutes. Add crushed red pepper (or dried chile). Ladle in 1 cup pasta-cooking water and let simmer rapidly. Cook until reduced to about ½ cup, about 5 minutes.
5. Use tongs to transfer the pasta to the sauce. Add parsley and toss to coat the pasta with the sauce, adding a little more pasta water if it seems dry. Add the reserved breadcrumbs and toss to mix.

SERVES 4: 1 cup each
Cal 329 **Fat** 13g (sat 2g) **Chol** 5mg **Carbs** 46g **Total sugars** 2g (added 0g) **Protein** 10g **Fiber** 6g **Sodium** 467mg **Potassium** 264mg.

24 Marinate that tofu.

WE'RE ON TEAM TOFU and celebrate it in all its forms. But we've heard the grumbles about its taste and texture. Here's how we change the haters' minds and get them to embrace this inexpensive, versatile plant-based protein: soak the tofu in a well-seasoned marinade before roasting it in a hot oven.

Honey-Balsamic Roasted Tofu

ACTIVE: 10 min **TOTAL:** 1 hr 35 min (including marinating time)
TO MAKE AHEAD: Refrigerate for up to 1 week.

- **1 16-ounce package extra-firm water-packed tofu, drained**
- **¼ cup balsamic vinegar**
- **3 tablespoons Bragg liquid aminos**
- **1 tablespoon extra-virgin olive oil**
- **1 teaspoon honey**
- **Pinch of salt**

1. Pat tofu dry and cut into ½- to ¾-inch cubes. Gently pat dry again. Combine vinegar, liquid aminos and oil in a large bowl or large sealable plastic bag. Add the tofu; gently toss to combine. Marinate at room temperature for 1 hour or refrigerate for up to 4 hours, gently stirring once or twice.
2. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
3. Use a slotted spoon to transfer the tofu to the prepared pan. (Discard marinade.) Spread it out, making sure the pieces aren't touching. Roast the tofu, gently stirring halfway through, until golden brown, 12 to 18 minutes.
4. Drizzle the tofu with honey and sprinkle with salt; toss to coat.
SERVES 6: ¼ cup each
Cal 93 **Fat** 5g (sat 1g) **Chol** 0mg **Carbs** 4g **Total sugars** 2g (added 1g) **Protein** 8g **Fiber** 1g **Sodium** 269mg **Potassium** 7mg.

Watercress Salad with Honey-Balsamic Tofu, Mango & Avocado

ACTIVE: 20 min **TOTAL:** 20 min

- **¼ cup extra-virgin olive oil**
- **¼ cup red-wine vinegar**
- **1 teaspoon honey**
- **1 teaspoon Dijon mustard**
- **¼ teaspoon salt**
- **½ teaspoon ground pepper**
- **8 cups lightly packed trimmed watercress *and/or* mixed salad greens**
- **1 cup Honey-Balsamic Roasted Tofu**
- **½ ripe avocado, sliced**
- **½ cup chopped fresh mango**
- **½ cup sliced red bell pepper**
- **¼ cup thinly sliced red onion**
- **¼ cup thinly sliced radishes**
- **¼ cup chopped fresh cilantro**
- **2 teaspoons sesame seeds**

1. Whisk oil, vinegar, honey, mustard, salt and pepper in a small bowl.
2. Arrange watercress (or greens), tofu, avocado, mango, bell pepper, onion and radishes in 4 bowls. Serve drizzled with the dressing and sprinkled with cilantro and sesame seeds.
SERVES 4: 2 cups each
Cal 308 **Fat** 24g (sat 3g) **Chol** 0mg **Carbs** 14g **Total sugars** 8g (added 2g) **Protein** 11g **Fiber** 4g **Sodium** 480mg **Potassium** 477mg.

RECIPES BY BREANA KILLEEN

25 REMEMBER PUDDING.

It pays to have a go-to homemade dessert that you can whip up when you need a sweet treat. That way you can be in charge of the ingredients and quality. And chances are very good that your cupboard is already stocked with what you need to make this unsung hero. To fancy it up, add whipped cream, toasted coconut, fresh fruit or nuts.

Homemade Pudding

ACTIVE: 25 min **TOTAL:** 4 hrs 25 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
Feeling indecisive? Make two batches—one chocolate and one vanilla—and swirl them together.

- **1½ cups reduced-fat milk, divided**
- **3 tablespoons cornstarch**
- **1 cup half-and-half**
- **½ cup granulated sugar**
- **⅛ teaspoon salt**
- **1 teaspoon vanilla extract**
- **¼ cup bittersweet chocolate chips (optional)**

1. Whisk ¼ cup milk and cornstarch in a small bowl. Set next to the stove.
2. Combine the remaining 1¼ cups milk, half-and-half, sugar and salt in a medium saucepan. Cook over medium-high heat, whisking occasionally, until bubbles start to form around the edges, about 3 minutes. Whisk the cornstarch mixture. Then, while continuously whisking the milk mixture in the pan, slowly add the cornstarch mixture. Cook, whisking constantly, until the mixture starts to thicken, about 30 seconds. Reduce heat to maintain a low simmer and cook, stirring, until very thick, about 2 minutes. Remove from heat and stir in vanilla and chocolate chips (if using).
3. Transfer the pudding to a heatproof bowl. Place a piece of plastic wrap directly on the surface to keep a skin from forming. Refrigerate until cold, at least 4 hours and up to 3 days.
SERVES 5: ½ cup each
Cal 194 **Fat** 6g (sat 4g) **Chol** 23mg **Carbs** 30g **Total sugars** 26g (added 20g) **Protein** 4g **Fiber** 0g **Sodium** 123mg **Potassium** 168mg.

RECIPE BY BREANA KILLEEN

26 Dirty up only one bowl for cookies.

All that's required to make fresh-from-the-oven cookies is five ingredients, a single bowl and 35 minutes. "These cookies are a staple in our house," says *Top Chef*'s Season 14 champ Brooke Williamson. "The almond butter they call for is loaded with healthy fats and adds protein. My son Hudson is a big fan of them too!"

Almond Butter Chocolate Chip Cookies

ACTIVE: 15 min **TOTAL:** 35 min (plus cooling time)
TO MAKE AHEAD: Store airtight at room temperature for up to 5 days.
EQUIPMENT: Parchment paper
If you use roasted almond butter, your cookies will have a darker hue.

- **1 large egg**
- **1 cup almond butter**
- **½ cup lightly packed brown sugar**
- **1 teaspoon baking soda**
- **½ cup chocolate chips**
- **¼ cup chopped honey-roasted peanuts (optional)**

1. Position racks in upper and lower thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.
2. Beat egg in a medium bowl with a hand mixer or in a stand mixer fitted with the paddle attachment. Add almond butter, brown sugar and baking soda; beat until smooth. Stir in chocolate chips and peanuts (if using).
3. Using about 1 tablespoon to make each cookie, press the dough into a tight ball. Place on the prepared baking sheets, leaving 1 inch between cookies. Gently press down on each ball with the back of a spoon.
4. Bake the cookies until cracked on top and golden on the edges, 8 to 10 minutes. Let cool on the pan for 10 minutes, then transfer to a wire rack to cool completely.
MAKES: 1½ dozen (analysis per cookie)
Cal 137 **Fat** 10g (sat 2g) **Chol** 10mg **Carbs** 12g **Total sugars** 9g (added 8g) **Protein** 4g **Fiber** 2g **Sodium** 108mg **Potassium** 135mg.

honey bees

MAKE THE FOOD WORLD GO 'ROUND

Honey is crafted in nature by honey bees, but their contributions to our planet don't end there. The hard-working honey bees are responsible for pollinating one-third of the global food supply, including foods like fruits, vegetables and nuts. Not to mention meat and dairy, which depend on bees to pollinate livestock feed crops, like alfalfa.

Many of the ingredients that contribute to a balanced and healthy diet wouldn't be possible without honey bees. This Kale and Apple Salad with Honey Dijon Dressing features several ingredients that rely on honey bee pollination, including leafy kale, crunchy apples, tart cherries and sweet honey.

The next time you are enjoying a delicious vegetable medley or flavorful fruit salad, give a nod to the essential honey bee.

To find this recipe and to explore the world of honey and bees, visit honey.com.

National Honey Board®

Continue to next page